THE ULTIMATE ANABOLIC COOKBOOK 2.0

MORE ANABOLIC THAN LAST TIME

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About Greg Doucette

Powerlifting Champion…
IFBB PRO…
French Toast Connoisseur…
Coach to thousands of circles…

From his Guinness World Record and Master's degree in Kinesiology, it's hard to believe an episode of 'That's Incredible!', featuring a 13-year-old bodybuilder, kickstarted Coach Greg's passion for the weight room.

Training first began alongside his father, using homemade equipment to start sculpting his dream physique. Greg fell in love with the sport when he could see himself gaining mass and growing stronger. He had officially caught the bodybuilding bug.

Since his humble beginnings, Greg has dominated the world of weightlifting. Starting as a teenager and continuing well into his forties, he has competed in more than 60 powerlifting contests and 59 bodybuilding competitions. And as a result of his striking dedication, he earned his IFBB Pro card in 2012.

The accomplishments don't just stop at physical strength. Greg committed himself to the scientific study of human body movement, gaining a Bachelor's and a Master's degree in Kinesiology. With a GPA of 3.93 out of 4.00, it's no surprise he graduated at the top of his class.

A combination of technical knowledge and a large appetite for success makes Greg Doucette the perfect mentor. He has been working hard to help thousands of clients achieve their ideal physique and build healthy habits to make it last a lifetime. His formal education helps him disprove common myths spread by the fitness industry, while his expertise in bodybuilding and powerlifting guides the more experienced clients in contest preparation.

Beyond one-on-one coaching, Greg uses his no-nonsense attitude and sense of humor to influence over 850,000 subscribers on his YouTube channel. He showcases his favorite anabolic recipes, exposes the lies of the fitness industry, and spills his secrets on the most optimal ways to train. And with nearly 200 million total views, his content and zero-bullshit advice are helping thousands achieve their ultimate fitness goals.

A Message from your Coach...

YOU DID IT!

You made the completely non-moronic decision to buy my cookbook, congrats! You now have full access to my favorite and exclusive recipes that I eat consistently to keep my physique in top condition.

But the whole point of this book isn't to just give you a list of what I like to eat. The recipes inside here aren't just thrown together for the hell of it…

This cookbook is a blueprint that you can use every day to build positive eating habits that will allow you to reach your fitness goals (and to **ALWAYS** keep on reaching them) wherever you are!

Nutrition plays a major role in building and maintaining a body you're proud of. It **CANNOT** be overlooked. The morons who tell you otherwise are either lying to make a quick buck or just aren't natty (even if they claim to be!)

But who says your diet has to be boring! The recipes found in this book will make you realize that cooking can be fun and that you don't have to be a gourmet chef to create tasty, nutritious foods!

Before the days of YouTube, getting this diet advice and knowledge out there on a big scale was kind of impossible. Only my private clients really got access. Now, my videos are viewed by **MILLIONS** around the world and my **BULLSHIT-FREE** advice is helping many people lead healthier and **BETTER** lives. *It doesn't matter if you're obese or at single-digit bodyfat %, what matters is putting in the work now and seeing the results that follow!* Trust me, I'm always right (99.6% of the time!)

Seeing the transformations from my coaching is what makes me love my job! If you'd like to forward any before/after photos, please share them at this link: gregdoucette.com/testimonials.

Don't forget to use the hashtag **#CHEFGREG** on Instagram to share your new cooking skills with me. I can't wait to see what you can do in the kitchen!

So, roll up your sleeveless sleeves, grab your chef's hat, and get ready to start cooking some dangerously delicious recipes...

(**EVEN MORE** delicious than last time!)

- Coach Greg

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Read This Before Cooking!!
Frequently Asked Questions

This FAQ will be periodically updated based on frequent questions coming in through my DMs and emails. Make sure you check your email in case this book has updates! Send all of your questions to info@gregdoucette.com. If there are many questions related to a certain topic, my team and I will send out an update to this book.

1. What does "1 serving of veggies" in the recipes mean?

You will notice that this cookbook contains flexibility in each recipe. Many of the recipes reference "1 serving of veggies" or "1 serving of fruits." *At the very end of this cookbook is a references section which contains tables with common fruits and vegetables that represent* ***1 whole serving equal to 100 calories. By that logic, a half serving is equal to 50 calories.***

If your recipe calls for 1 full serving of veggies, you can mix and match vegetable amounts based on the references table to equal 100 total calories from vegetables. As an example, you may choose to eat both cucumber and tomatoes. If 600g cucumber and 450g tomatos are each 1 full serving of vegetables, then you can eat 300g cucumber and 225g tomato in one recipe for one full serving of vegetables totaling 100 calories.

I repeat: 1 serving of fruit or vegetables is NOT what's listed on the package you're buying. 1 serving is 100 calories of that fruit/vegetable!!

2. How do I use the nutrition facts when there is flexibility in the recipes?

You will notice that recipes that include either a serving size of "veggies" or fruits also have nutrition facts, even though the type of vegetable or fruit is not specified. The nutritional guidelines are all rough estimates, with up to a 20% deviation from what the true total calorie and macronutrient contents will be. It is up to you to do your own calculations. I encourage you, once again, to focus on the total calories of each meal instead of the total amount of each macro in each meal.

3. Why are there macronutrients listed if you don't count macros?

Because some of you MORONS are still going to count macros even when I tell you not to! See my video on MORONIC MISCONCEPTIONS ABOUT MACROS to

understand my view on this issue!

4. Can I substitute X for Y???

There are NO RULES IN THIS KITCHEN! The kitchen is your oyster/haddock/cod! Make as many substitutions as you like according to your taste preferences and dietary needs.

There are a few things to keep in mind when choosing a substitution.

The first is to ensure that whatever substitution you make serves a similar purpose as the ingredient the recipe calls for. As an example, let's say that the recipe calls for guar gum. Guar gum is a thickening agent, so you cannot just replace that with a banana which provides a sweet banana taste. You can substitute guar gum for another thickening agent such as xanthan gum, but not a banana.

The next thing is to ensure that you substitute ingredients with similar protein and calorie content. As an example, let's say a recipe calls for 100g grilled chicken breast, but you want to use chicken thigh. You cannot just simply use 100g of chicken thigh and expect to get the same nutritional value from the recipe. Chicken thigh has more fat than chicken breast, so you can't just make that substitution with the same weight of chicken and expect the calories/macros to be the same.

This does not mean you are not allowed to eat chicken thighs. You can eat whatever you want. But if you want to maximize your protein and conserve calories and stick to the recipes as closely as possible, you should EITHER

1. keep the chicken thigh in the recipe but reduce the weight, OR
2. choose something that is more similar to chicken breast in terms of calorie content as well as protein content. An appropriate substitution for 100g of chicken breast might be 100g extra-lean ground turkey.

Whatever you substitute, be sure to re-calculate the total calories so you can make sure your modifications are still appropriate for your diet and your goals.

5. Are your recipes friendly to vegan / vegetarian dieters?

See point #4. You can make as many substitutions as you want according to your taste AND dietary preferences. Not only that, I do actually have some vegan / vegetarian recipes as written. If a recipe is vegan / vegetarian as written, it will be listed on the upper left hand side of the recipe page.

There is also a page in the references section to be able to identify recipes based on

the diet types they are friendly to.

6. Where do I buy supplements and special ingredients?

Most recipes will contain links to purchase the special ingredients in them. There is also a special ingredient links page in the References section.

7. Do I need a coach after buying this cookbook?

This cookbook does not replace a human coach! It is just another tool in the toolbox to help you achieve your physique and lifestyle goals. A coach provides you with ongoing support, accountability, and advice. This cookbook provides you with delicious recipes! **To hire ME as a coach, visit gregdoucette.com/coaching for more information.**

8. Do I need to measure the food?

YES! You MUST measure your food with a food scale. **All recipes measurements are based on cooked meat and potatoes. Click here to purchase a food scale.**

9. What if the ingredient specified in the recipe is out of stock or unavailable in my country?

There is not much we can do about the fact that sometimes small companies are out of stock of our favorite products. Since a lot of my recipes reference special ingredients, you should follow the substitution guidelines in question #4 when a special ingredient is out of stock.

As an example, if your favorite brand of protein bread is not available, you can choose another brand of protein bread, or substitute regular ass white bread and add in another protein source. The objective would be to make sure you have some protein in each meal and are hitting caloric targets.

You can also substitute any meal for another meal altogether. No protein bread for a protein bread PB2 and jam sandwich? Make anabolic french toast instead! Remember, there are NO RULES IN THIS KITCHEN!

10. Are the nutrition facts accurate?

See my video on "ARE NUTRITION LABELS ACCURATE?"

Generally, you will never get the calories 100% accurate. Nutrition labels can be off by as much as 20% up or down. The best way to get as close as possible is to weigh everything yourself to the gram and do your own calculations. However, don't lose your mind obsessively trying to be perfect. **DON'T LOSE YOUR MIND!**

11. What is "regular ass bread?"

All of my recipes that have "regular ass bread" in them assume approximately 80-calorie slices of any brand of white bread. Here is a specific example: Pepperidge Farm Italian White Bread - 80 calories per slice.

But, in some grocery stores you may not be able to find 80 calorie white bread. If you can only find 100 calorie white bread, that is fine. Just know that when you make a sandwich, it will be 40 calories more (because 2 slices of white bread will each add 20 calories to the entire sandwich).

Just make sure you are keeping a close eye on your total calories every day. **Do not use the calorie tables in this cookbook if you make substitutions.**

12. What if I need to follow a gluten-free diet because I have celiac disease?

Many of the recipes in this book are friendly to gluten-intolerant diets. Just make sure that whatever ingredient you purchase and use is CERTIFIED gluten-free. If you are celiac, you should know this. I shouldn't have to say it!

13. Can I substitute other sweetener brands / types other than the ones listed in the recipes?

Yes, you may substitute other sweeteners than the ones listed in the recipes, but DO YOUR HOMEWORK. Some sweeteners are stronger than others. 2 grams of packet sweetener is not the same as 2 grams of Erythritol. Whenever you go to make a substitution, ALWAYS research how the product influences the taste, and adjust accordingly.

That all said, here are some guidelines to work with in case you want to use a different type of sweetener than what is provided in the recipe ingredients:

SWEETENER	EQUIVALENT
1 packet sweetener	2 tsp sweetener of choice
1 packet sweetener	8g Erythritol
12g Erythritol	1 tbsp Splenda

13. I don't have a food scale! I don't know how to measure tablespoons! How do I know how much of a certain ingredient to use?

First of all, if you are reading this book and do not have a food scale to measure ingredients in grams, YOU SHOULD HAVE ONE! Go buy one right now!!

Second of all, you should not be converting weights to volume and vice versa. But sometimes, it's a bit easier and faster to do so. You will see that many of the recipes in this book have these types of conversions in the ingredients list.

Here is a standard table for converting metric to standard units as well as in case you do not have a tool to measure weights. You can also use this as a reference for converting a weight unit to another weight unit, and a volume unit to another volume unit.

NOTE THAT THESE ARE APPROXIMATIONS.

UNIT 1	UNIT 2
1 ml of fluid	1 gram
3 tsp	1 tbsp
8 tbsp	1 cup
4 cups	1 litre
16 oz	1 lb
28.35g	1 ounce
454g	~1 lbs
1000 g	1 kg
240ml	1 cup
120ml	1/2 cup
60ml	1/4 cup

"Be safe while you're cooking your french toast! Don't break the law!"

BREAKFAST

FRENCH TOAST

Anabolic Apple Pie Breakfast Bake

VEGETARIAN	PREP TIME	READY IN
	20 MINUTES	*1 HOUR*

Ingredients

MAKES 1 BATCH. SERVING SIZE VARIES DEPENDING ON HOW LARGE OR SMALL YOU CUT THE PIECES.

18 slices regular ass bread (or one loaf [570g] of regular ass bread)

1920g (4 cartons/2000ml) egg whites

21g (3 tbsp) cinnamon

15g (1 tbsp) vanilla extract

15 packets (⅝ cup) sweetener

1500g or ~10 apples of your choice

Cooking spray

Directions

1. Pre-heat the oven to 400°F (204°C).
2. Chop the apples into small pieces.
3. In a bowl, whisk egg whites, cinnamon, sweetener, and vanilla.
4. Tear the bread into small pieces and place in a bowl with the egg whites, cinnamon, sweetener, and vanilla. Mix with your hands until the bread pieces are well soaked with the batter.
5. Spray a casserole dish with cooking spray for 1 second. Pour the egg white/bread mixture into the casserole dish.
6. Place the casserole dish uncovered in the middle rack and cook in the oven at 400°F/204°C for 40-50 minutes.

NOTE: THIS HAS MORE EGG WHITES AND MORE FRUIT, MAKING IT HEALTHIER AND LESS CALORIE DENSE THAN LAST TIME! COACH GREG LOVES THIS DISH WITH GRANNY SMITH APPLES, BUT YOU CAN USE WHICHEVER APPLES YOU WANT. THERE ARE NO RULES IN THIS KITCHEN!!

NOTE: THIS RECIPE EITHER MAKES 6 LARGE SERVINGS OR 12 SMALL SERVINGS.

DIVIDE THE BATCH INTO PORTIONS ACCORDING TO YOUR PREFERRED SERVING SIZE AND DAILY CALORIE REQUIREMENTS.

NUTRITION PER SERVING	ENTIRE BATCH	LARGE SERVING	SMALL SERVING
CALORIES	3250	540	270
FAT (G)	17	3	1
CARBS (G)	444	74	37
FIBER (G)	46	8	4
PROTEIN (G)	265	44	22

Anabolic French Toast

VEGETARIAN	PREP TIME	READY IN	DIFFICULTY
	10 MINUTES	*20 MINUTES*	*EASY*

Anabolic French Toast is a Coach Greg classic! Enjoy this delicious high protein version of a North American classic breakfast. It is recommended to pair the anabolic french toast with fresh fruit or your favorite low-calorie syrup (such as Walden Farms).

Ingredients

MAKES 1 SERVING

180g (¾ cup) egg whites

2 slices regular ass bread (up to 80 calories per slice)

2 packets (~1 tbsp) sweetener

1 tsp cinnamon

5g (1 tsp) vanilla extract

Cooking spray

TOP WITH:

60ml (4 tbsp) low-calorie syrup (20 calories)

CLICK TO ORDER WALDEN FARMS SYRUP

Directions

1. In a bowl, add egg whites, sweetener, cinnamon, and vanilla extract. Whisk until spices are evenly distributed throughout the mixture.
2. Heat a griddle over low-medium heat. Spray griddle with cooking spray.
3. Dip bread slices into egg white mixture, and transfer to pan.
4. Spoon any leftover egg white mixture on to the bread in the pan. If done slowly, the bread should absorb the mixture and get fluffy.
5. Let cook for about 3-4 minutes on each side.
6. Remove French toast from the pan and serve on a plate with toppings. Suggestions for toppings are fresh fruit and low-calorie syrup.

NOTE: IF YOU WANT TO SAVE TIME, MAKE AS MANY BATCHES AS POSSIBLE AT ONCE AND STORE THE COOKED FRENCH TOAST IN A SEALED CONTAINER THE REFRIGERATOR. THAT WAY YOU CAN HEAT UP AND ENJOY WHENEVER YOU WANT!

NUTRITION PER SERVING

CALORIES	270
FAT (G)	1
CARBS (G)	30
FIBER (G)	6
PROTEIN (G)	28

LARGE SERVING

300g (1¼ cup) egg whites

3 slices regular ass bread

3 packets (2 tbsp) sweetener

1 tsp cinnamon

5g (1 tsp) vanilla extract

Cooking spray

CALORIES	400
FAT (G)	2
CARBS (G)	48
FIBER (G)	9
PROTEIN (G)	45

Banana "No"tella French Toast Roll-Ups

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	20 MINUTES

Ingredients

MAKES 2 ROLL-UPS (1 SERVING)

FILLING:

30g banana

8g (¼ scoop) chocolate peanut butter protein powder

2.5g (½ tbsp) cocao powder

15ml (1 tbsp) water

FRENCH TOAST BASE:

2 slices regular ass bread (up to 80 cal per slice)

120g (½ cup) egg whites

2 packets (4 tsp) sweetener

½ tsp cinnamon

¼ tsp vanilla extract

Cooking spray

TOPPINGS:

3g (½ tbsp) powdered peanut butter (PB2)

40g strawberries

30ml (2 tbsp) sugar-free syrup (10 calories)

Directions

1. In a bowl, mix the filling ingredients with a fork or whisk until a thick & uniform paste is formed.
2. Spread the paste onto the slices of *regular ass bread*, and add the sliced banana on top.
3. Roll up the bread and pinch around the edges to seal in the filling (like a burrito).
4. Whisk egg whites, cinnamon and vanilla extract into a bowl until fully mixed.
5. Heat a pan over medium heat, and spray with cooking spray.
6. Once the pan has achieved medium heat, submerge the sealed bread pockets into the egg white/cinnamon/vanilla extract mixture.
7. Remove and place onto the pan until the egg whites are fully cooked.
8. Remove from the pan and plate with optional toppings of powdered peanut butter (either mixed with water or dry), strawberries, and sugar-free syrup. Serve and enjoy!

CLICK TO PURCHASE PB2 POWDERED PEANUT BUTTER

NUTRITION PER SERVING

CALORIES	340
FAT (G)	4
CARBS (G)	54
FIBER (G)	5
PROTEIN (G)	28

EXTRA ANABOLIC LARGE BATCH - 4 ROLL-UPS

Filling: *55g banana (½ serving), 16g (½ scoop) protein powder, 5g (1 tbsp) cocoa powder, 30ml (2 tbsp) water*

French toast base: *4 slices regular ass bread, 240g (1 cup) egg whites, 3 packets (2 tbsp) sweetener, 1 tsp cinnamon, ½ tsp vanilla extract*

Toppings: *6g (1 tbsp) PB2, 75g strawberries, 60ml (¼ cup) sugar-free syrup*

CALORIES	680
FAT (G)	8
CARBS (G)	93
FIBER (G)	10
PROTEIN (G)	57

LARGE BATCH - 5 ROLL-UPS

Filling: *55g banana (½ serving), 16g (½ scoop) protein powder, 5g (1 tbsp) cocoa powder, 30ml (2 tbsp) water*

French toast base: *5 slices regular ass bread, 240g (1 cup) egg whites, 3 packets (2 tbsp) sweetener, 1 tsp cinnamon, ½ tsp vanilla extract*

Toppings: *6g (1 tbsp) PB2, 75g strawberries, 60ml (¼ cup) sugar-free syrup*

CALORIES	760
FAT (G)	9
CARBS (G)	96
FIBER (G)	9
PROTEIN (G)	60

Blueberry French Toast

VEGETARIAN	PREP TIME	READY IN	DIFFICULTY
	10 MINUTES	20 MINUTES	EASY

Ingredients

MAKES 1 SERVING

180g (¾ cup) egg whites

2 slices regular ass bread (up to 80 calories per slice)

60g blueberries

2 packets (4 tsp) sweetener

½ tsp cinnamon

3g (~½ tsp) vanilla extract

Cooking spray

RECOMMENDED TOPPINGS:

60ml (4 tbsp) low-calorie syrup (20 calories)

Directions

1. In a bowl, add egg whites, sweetener, cinnamon, and vanilla extract. Whisk until spices are evenly distributed throughout the mixture.
2. Heat a griddle over low-medium heat. Spray griddle with cooking spray. Place blueberries on the stove while the pan is heating up.
3. Dip bread slices into egg white mixture, and transfer to pan, placing the bread directly on top of the cooked blueberries.
4. Spoon any leftover egg white mixture into the bread in the pan. If done slowly, the bread should absorb the mixture and get fluffy.
5. Let cook for about 3-4 minutes on each side.
6. Remove blueberry French toast from the pan and serve on a plate with toppings. Suggestions for toppings are extra fruit and low-calorie syrup.

NOTE: THIS IS MY STAPLE FRENCH TOAST RECIPE. I TYPICALLY COOK ONE MEGA BATCH AT A TIME WITH AN ENTIRE LOAF OF BREAD AND EAT IT THROUGHOUT THE WEEK.

CLICK TO ORDER WALDEN FARMS SYRUP

NUTRITION PER SERVING

CALORIES	310
FAT (G)	3
CARBS (G)	47
FIBER (G)	3
PROTEIN (G)	24

LARGE SERVING

240g (1 cup) egg whites
3 slices regular ass bread
90g blueberries
3 packets (2 tbsp) sweetener
1 tsp cinnamon
5g (1 tsp) vanilla extract

CALORIES	440
FAT (G)	4
CARBS (G)	67
FIBER (G)	5
PROTEIN (G)	35

MEGA Peach French Toast Bake

VEGETARIAN	PREP TIME	READY IN
	15 MINUTES	1 HOUR

Ingredients

MAKES 1 BATCH. SERVING SIZE VARIES DEPENDING ON HOW LARGE OR SMALL YOU CUT THE PIECES.

18 slices regular ass bread (or one loaf [570g] of regular ass bread)

1440g (3 cartons) egg whites

21g (3 tbsp) cinnamon

15g (1 tbsp) vanilla extract

15 packets (⅝ cup) sweetener

1500g (~10) nectarines or peaches, frozen or fresh, IT DOESN'T MATTER

Directions

1. Pre-heat the oven to 400°F (204°C).
2. Cut the nectarines/peaches into small pieces.
3. In a bowl, whisk egg whites, cinnamon, sweetener, and vanilla.
4. Tear the bread into small pieces and place in a bowl with the egg whites, cinnamon, sweetener, and vanilla. Mix with your hands until the bread pieces are well soaked with the batter.
5. Spray a casserole dish for 1 second. Pour the egg white/bread mixture into the casserole dish.
6. Place the casserole dish uncovered in the middle rack and cook in the oven at 400°F/204°C for 40-50 minutes.

NOTE: COACH GREG MAKES THE ENTIRE LOAF OF BREAD TO SAVE ON TIME AND HAVE LEFTOVERS FOR DAYS. THIS DELICIOUS MEAL STORES REALLY WELL IN THE FRIDGE!!

NOTE: THIS MAY BE COACH GREG'S ABSOLUTE FAVORITE RECIPE. IT'S BEST WHEN THE FRUITS ARE IN-SEASON. USE PEACHES OR NECTARINES, THEY'RE BOTH AMAZING.

NOTE: THIS RECIPE EITHER MAKES 6 LARGE SERVINGS OR 12 SMALL SERVINGS.

DIVIDE THE BATCH INTO PORTIONS ACCORDING TO YOUR PREFERRED SERVING SIZE AND DAILY CALORIE REQUIREMENTS.

NUTRITION PER SERVING	ENTIRE BATCH	LARGE SERVING	SMALL SERVING
CALORIES	2810	470	235
FAT (G)	20	3	2
CARBS (G)	446	74	37
FIBER (G)	46	8	4
PROTEIN (G)	223	37	19

Protein Bread French Toast

VEGETARIAN	PREP TIME	READY IN	DIFFICULTY
	10 MINUTES	*20 MINUTES*	*EASY*

Ingredients

MAKES 2 SERVINGS

120g (½ cup) egg whites

2 slices ICON Meals protein bread OR protein bread of choice (140 calories per slice)

1 packet (2 tsp) sweetener

1 tsp cinnamon

5g (1 tsp) vanilla extract

Cooking spray

TOP WITH:

60ml (4 tbsp) low-calorie syrup (20 calories)

Directions

1. In a bowl, add egg whites, sweetener, cinnamon, and vanilla extract. Whisk until spices are evenly distributed throughout the mixture.
2. Heat a griddle over low-medium heat. Spray griddle with cooking spray.
3. Dip bread slices into egg white mixture, and transfer to pan.
4. Spoon any leftover egg white mixture into the bread in the pan. If done slowly, the bread should absorb the mixture and get fluffy.
5. Let cook for about 3-4 minutes on each side.
6. Remove French toast from the pan and serve on a plate with toppings. Suggestions for toppings are fresh fruit and low-calorie syrup.

CLICK TO ORDER ICON MEALS PROTEIN BREAD

CLICK TO ORDER LOW-CALORIE SYRUP

TOTAL NUTRITION	
CALORIES	375
FAT (G)	10
CARBS (G)	40
FIBER (G)	4
PROTEIN (G)	43

NUTRITION PER SERVING	
CALORIES	190
FAT (G)	5
CARBS (G)	20
FIBER (G)	2
PROTEIN (G)	22

EGGS

Egg White Avocado Rice Cakes

DIFFICULTY	PREP TIME	READY IN
MEDIUM	*10 MINUTES*	*15 MINUTES*

Ingredients

MAKES 3 RICE CAKES

3 rice cakes

60g avocado

90g sliced tomato

40g chopped onion

40g chopped tomato

240g (1 cup) egg whites of choice (I prefer chedder and chive)

1 tbsp minced garlic

1 tsp paprika

1 tbsp lemon juice (desired taste)

Salt (desired taste)

Cooking spray

Directions:

1. In a medium bowl, mash up avocado to make it into a paste. Add the chopped tomato, paprika, minced garlic, lemon juice, salt & pepper, and mix.
2. Heat a pan over medium-high heat. Spray with cooking spray for 1 second. Place three egg rings on the skillet and place the egg whites in the egg rings. NOTE: If you don't have egg rings, simply place the egg whites in the pan, cook and flip, then divide it into 3 pieces for each rice cake.
3. Lay the 3 rice cakes on a plate. Stack each rice cake with one of the egg white circles cooked in the egg white rings.
4. Divide the avocado mash and place on top of the egg white rings. Add sliced tomato on top.
5. Serve as three open-face pieces of rice cake deliciousness. You may add fresh-squeezed lemon and cracked pepper if desired.

TOTAL NUTRITION	
CALORIES	390
FAT (G)	10
CARBS (G)	41
FIBER (G)	7
PROTEIN (G)	32

NUTRITION PER RICE CAKE	
CALORIES	133
FAT (G)	3
CARBS (G)	17
FIBER (G)	3
PROTEIN (G)	10

Egg White Avocado Toast

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	*15 MINUTES*

Ingredients

MAKES 1 SERVING

2 slices regular ass bread

60g avocado

90g sliced tomato

40g chopped onion

40g chopped tomato

240g (1 cup) egg whites of choice

1 tbsp minced garlic (or 3 cloves, minced)

1 tsp paprika

1 tsp lemon juice

Salt & pepper (to taste)

Directions:

1. In medium bowl, mash up avocado making it into a paste. Add the chopped tomato, paprika, minced garlic, lemon juice, and salt & pepper, and mix.
2. Place the bread slices in the toaster.
3. Heat a pan over medium-high heat. Spray with cooking spray for 1 second. Cook the egg whites in the pan. Remove from the pan and divide the cooked egg whites on the open-face toast.
4. Remove the toast from the toaster and place on a plate. Divide the avocado mash and place on both slices, adding sliced tomato on top.
5. Serve as two open-face pieces of toast deliciousness. Serve with fresh-squeezed lemon and cracked pepper if desired.

NOTE: ALTHOUGH AVOCADO IS A HIGH CALORIE-DENSE FOOD, IT IS IMPORTANT TO HAVE SOME HEALTHY FATS EVERY WEEK FOR YOUR HORMONES! AVOCADOS HAVE VERY HEALTHY FATS SO YOU CAN EAT THEM SPARINGLY. IT'S ALL ABOUT BALANCE!!

NOTE 2: IF YOU CAN FIND FLAVORED EGG WHITES SUCH AS CHEDDAR AND CHIVE WHICH IS MY FAVORITE, USE THEM!!

NOTE 3: TOP WITH LETTUCE IF YOU WANT TO EAT IT AS AN OPEN-FACE SANDWICH!! (THIS IS WHAT COACH GREG PERSONALLY DOES!!)

TOTAL NUTRITION

CALORIES	430
FAT (G)	12
CARBS (G)	54
FIBER (G)	14
PROTEIN (G)	35

Egg White Bites

VEGETARIAN GLUTEN-FREE	PREP TIME	READY IN
	10 MINUTES	*25 MINUTES*

Ingredients

MAKES 1 SERVING

480g (2 cups) egg whites

100g spinach leaves

100g tomato, diced (~20 calories)

4 slices fat-free cheese (or 76g shredded fat-free cheese)

Salt & pepper (to taste)

Directions

1. Preheat the oven to 400°F/204°C.
2. In a bowl, whisk the egg whites, cheese, salt and pepper together well.
3. Spray a non-stick muffin pan with cooking spray.
4. Stuff the spinach evenly into each muffin mold. Then place the tomatoes in each hole on top of the spinach. Carefully fill up each hole with the egg white mixture to the top until used up.
5. Bake the egg white cups in the oven for 10 minutes or until fully cooked. Remove from the oven and use a fork to carefully pull them from the muffin tin. Transfer to a plate and serve.

NOTE: IF YOU ARE MISSING ANY OF THE VEGETABLES OR DON'T LIKE THEM, PLEASE USE SOMETHING EQUIVALENT TO THE NUMBER OF CALORIES OF VEGETABLES OF CHOICE. YOU CAN ALSO ADD SUGAR-FREE KETCHUP FOR A DIPPING SAUCE. IT DOESN'T MATTER!!

NUTRITION PER SERVING

CALORIES	410
FAT (G)	1
CARBS (G)	23
FIBER (G)	4
PROTEIN (G)	72

Fire-Roasted Veggie Omelette

VEGETARIAN GLUTEN-FREE	PREP TIME	READY IN
	30 MINUTES	40 MINUTES

Ingredients

MAKES 1 SERVING

300g (1¼ cup) egg whites

25g red bell peppers, julienned/cut into thin strips

25g yellow onion, julienned/cut into thin strips

50g cherry tomatoes

50g yellow squash, sliced

50g zucchini, sliced

50g button mushrooms, sliced

50g fresh spinach

56g crumbled reduced-fat feta cheese (or low-fat cheese of choice for up to 120 calories)

Salt & pepper (to taste)

Directions

1. Pre-heat the oven to 400°F/204°C.
2. In a bowl, mix all the vegetables together, except for the spinach. Spray them lightly with cooking spray and season lightly with salt and pepper. Place the mix on a baking sheet and bake in the oven at 400°F/204°C for 10 minutes. Remove from the oven and set aside.
3. In a bowl, whisk the egg whites well. Add the roasted vegetables and the remaining ingredients and mix well.
4. Heat the stovetop to medium heat. Using a nonstick skillet, add the egg mixture and cook on one side for 3 minutes or until the egg whites are partially cooked. Make sure to work the egg mixture back and forth with a rubber spatula so they don't stick to the pan.
5. When ready, flip, turn or roll the omelette over and cook for an additional 2 minutes.
6. Once it is fully cooked, fold the omelette in half and serve.

NOTE: THIS RECIPE IS GOOD FOR LAZY WEEKENDS WHEN YOU HAVE THE MORNINGS TO PREP BECAUSE IT TAKES LONGER THAN YOUR USUAL RECIPE.

NUTRITION PER SERVING

CALORIES	340
FAT (G)	10
CARBS (G)	17
FIBER (G)	5
PROTEIN (G)	46

Ham & Cheese Omelette

GLUTEN-FREE	PREP TIME	READY IN
	15 MINUTES	*20 MINUTES*

Ingredients

MAKES 2 SERVINGS

480g (2 cups) egg whites

100g lean deli ham, diced

1 serving veggies up to 100 calories (bell peppers, spinach, tomatoes, yellow onions)

4 slices (or 76g shredded) fat-free cheese (120 calories)

Salt & Pepper to taste

4 tbsp of your favorite salsa OR 2 tbsp no sugar-added ketchup

Directions

1. In a bowl, whisk the egg whites well. Add all the remaining ingredients (except for the cheese) and mix well.
2. Heat the stove to medium heat. Using a nonstick skillet, spray with cooking spray then add the egg mixture and cook on one side for 3 minutes or until the egg whites are partially cooked.
3. Add half the cheese and fold over in half and cook for 2 min on low heat.
4. Then when ready, flip, turn or roll the omelette over and cook for an additional 2 minutes with remaining cheese slices on top to melt.
5. Once it is fully cooked, serve with salsa on top or on the side.

NUTRITION PER SERVING

CALORIES	295
FAT (G)	2
CARBS (G)	22
FIBER (G)	5
PROTEIN (G)	44

Ham, Spinach and Feta Omelette

GLUTEN-FREE	PREP TIME	READY IN
	15 MINUTES	20 MINUTES

Ingredients

MAKES 1 OMELET

110g ham, diced

150g (⅝ cup) egg whites

100g spinach leaves

100g tomato, diced

14g crumbled reduced fat feta cheese (30 calories)

Salt & pepper to taste

Directions

1. In a non-stick skillet, steam the spinach with a little bit of water till the spinach wilts. Drain off the excess water and set aside.
2. In a bowl, whisk the egg whites well. Add all the remaining ingredients, including the steamed spinach and mix well.
3. Heat the stovetop to medium heat. Using a nonstick skillet, add the egg mixture and cook on one side for 3 minutes or until the egg whites are partially cooked. Make sure to work the egg mixture back and forth with a rubber spatula so they don't stick to the pan.
4. When ready, flip, turn or roll the omelette over and cook for an additional 2 minutes.
5. Once it is fully cooked, fold the omelette in half and serve.

NUTRITION PER SERVING

CALORIES	265
FAT (G)	6
CARBS (G)	12
FIBER (G)	3
PROTEIN (G)	41

Tex Mex Omelette

GLUTEN-FREE	PREP TIME	READY IN
	15 MINUTES	20 MINUTES

Ingredients

MAKES 1 OMELET

110g (4 oz) 95% extra lean ground beef, measurered raw

150g (⅝ cup) egg whites

1 whole egg

2 slices (or 38g shredded) fat-free cheese (60 calories)

110g tomato, diced

60g yellow onion, diced

60g red bell pepper, diced

10g (~2 tbsp) green onion, diced

Spices to taste:

salt, pepper, chili powder, ground cumin

Optional toppings:

3 tbsp salsa

3 tbsp fat-free sour cream

Directions

1. In a non-stick skillet, cook the ground beef completely, then drain off the excess fat. Set aside to cool.
2. In a bowl, whisk the egg whites well. Add all the remaining ingredients (except the toppings) and mix well.
3. Heat the stovetop to medium heat. Using a nonstick skillet, add the egg mixture and cook on one side for 3 minutes or until the egg whites are partially cooked. Make sure to work the egg mixture back and forth with a rubber spatula so they don't stick to the pan.
4. Then when ready, flip, turn or roll the omelette over and cook for an additional 2 minutes.
5. Once it is fully cooked, fold the omelette in half and put on the plate. Serve with optional toppings of salsa and fat-free sour cream.

NUTRITION PER SERVING

CALORIES	415
FAT (G)	8
CARBS (G)	28
FIBER (G)	5
PROTEIN (G)	53

MEAL-PREP TIP: SAUTÉ THE STEAK, ONIONS & TOMATOES IN ADVANCE, & REFRIGERATE. THROW IT IN THE PAN TO SKIP STEP #1 AND SAVE A FEW MINUTES WHEN COOKING YOUR OMELET.

Whole Egg Avocado Toast

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	15 MINUTES

Ingredients

MAKES 1 SERVING

2 slices regular ass bread

60g avocado

90g sliced tomato

40g chopped onion

40g chopped tomato

180g (¾ cup) egg whites

1 tbsp minced garlic (or 3 cloves, minced)

1 tsp paprika

1 tsp lemon juice

Salt & pepper (to taste)

Directions:

1. In medium bowl, mash up avocado making it into a paste. Add the chopped tomato, paprika, minced garlic, lemon juice, and salt & pepper, and mix.
2. Place the bread slices in the toaster.
3. Heat a pan over medium-high heat. Spray with cooking spray for 1 second. Cook the egg whites in the pan. Remove from the pan and divide the cooked egg whites on the open-face toast.
4. Remove the toast from the toaster and place on a plate. Divide the avocado mash and place on both slices, adding sliced tomato on top.
5. Serve as two open-face pieces of toast deliciousness. Serve with fresh-squeezed lemon and cracked pepper if desired.

NOTE: ALTHOUGH AVOCADO AND WHOLE EGGS ARE A HIGH CALORIE-DENSE FOOD, IT IS IMPORTANT TO HAVE SOME FATS EVERY WEEK FOR YOUR HORMONES!

NOTE 2: IF YOU CAN FIND FLAVORED EGG WHITES SUCH AS CHEDDAR AND CHIVE WHICH IS MY FAVORITE, USE THEM!!

NOTE 3: TOP WITH LETTUCE IF YOU WANT TO EAT IT AS AN OPEN-FACE SANDWICH!! (THIS IS WHAT COACH GREG PERSONALLY DOES!!)

TOTAL NUTRITION

CALORIES	550
FAT (G)	21
CARBS (G)	50
FIBER (G)	10
PROTEIN (G)	44

CREPES

"No"tella Berries N' Cream Crepe Explosion

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	*20 MINUTES*

Ingredients

MAKES 2 CREPES (1 SERVING)

2 Crepini Egg White Wraps (or equivalent egg white wrap)

FILLING:

11g (⅓ scoop) protein powder of choice

2.5g (½ tbsp) cocoa powder

¼ packet (½ tsp) sweetener

60g (¼ cup) 0% fat Greek yogurt

45g (¼ serving) blueberries

TOPPINGS:

3g (½ tbsp) powdered peanut butter (PB2)

5g (1 tbsp) cocoa powder

Water to desired thickness (~½ tbsp)

6-7 (~75g) strawberries

Directions

CLICK TO PURCHASE CREPINI EGG WHITE WRAPS

1. Lay the crepes out flat.
2. In a bowl, make the filling by mixing the protein powder, cocoa, sweetener, and Greek yogurt until well mixed.
3. Divide the filling up evenly to fill each crepe and spread on one quarter of the far side of each crepe.
4. Once the filling is placed onto the crepes, cut up your choice of fruit, divide, and place on top of filling on each crepe.
5. Take the end with the filling side and start rolling the crepes. Fold in both sides as you are rolling the crepe to secure the filling inside.
6. Once all rolled, spray a frying pan with cooking spray and turn on medium heat.
7. Set each rolled crepe on the pan and let cook until crepe starts to crisp then flip and crisp the other side.
8. While crepes are cooking, heat the rest of the fruit in the microwave for around 20-30 seconds.
9. Mix the peanut butter powder and cocoa powder with water to desired thickness.
10. Once crepes are done, place them on a plate and top them with the heated fruit and the peanut-cocoa drizzle, ENJOY.

CLICK TO PURCHASE PB2 POWDERED PEANUT BUTTER

NUTRITION PER SERVING

CALORIES	210
FAT (G)	5
CARBS (G)	19
FIBER (G)	5
PROTEIN (G)	23

MEDIUM BATCH - 4 CREPES

Ingredients: *4 Crepini Egg White Wraps*

Filling: *22g (⅔ scoop) protein powder, 5g (1 tbsp) cocoa powder, ½ packet (1 tsp) sweetener, 80g (⅓ cup) 0% fat Greek yogurt, 90g (½ serving) blueberries*

Toppings: *6g (1 tbsp) PB2, 5g (1 tbsp) cocoa powder, 1-1½ tbsp water, 150g (½ serving) strawberries*

CALORIES	420
FAT (G)	10
CARBS (G)	39
FIBER (G)	9
PROTEIN (G)	47

LARGE BATCH - 6 CREPES

Ingredients: *6 Crepini Egg White Wraps*

Filling: *33g (1 scoop) protein powder, 7.5g (1½ tbsp) cocoa powder, ¾ packet (1½ tsp) sweetener, 125g (½ cup) 0% fat Greek yogurt, 135g (¾ serving) blueberries*

Toppings: *9g (1½ tbsp) PB2, 5g (1 tbsp) cocoa powder, 1-1½ tbsp water, 225g (¾ serving) strawberries*

CALORIES	625
FAT (G)	15
CARBS (G)	58
FIBER (G)	14
PROTEIN (G)	70

"No"tella Fruity Explosion Crepes

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	*20 MINUTES*

Ingredients

MAKES 2 CREPES (1 SERVING)

2 Crepini Egg White Wraps (or equivalent egg white wraps)

FILLING:

11g (⅓ scoop) protein powder

2.5g (½ tbsp) cocoa powder

Water to desired thickness (~1 tbsp)

¼ packet (½ tsp) sweetener

3-4 strawberries (~40g)

30g banana

TOPPINGS:

3g (½ tbsp) powdered peanut butter (PB2)

2.5g (½ tbsp) cocoa powder

Water to desired thickness (~½ tbsp)

3-4 strawberries (~40g)

Directions

CLICK TO PURCHASE CREPINI EGG WHITE WRAPS

1. Lay the crepes out flat.
2. In a bowl, make the filling by mixing the protein powder, cocoa, sweetener, and water until well mixed.
3. Divide the filling up evenly to fill each crepe and spread on one quarter of the far side of each crepe.
4. Once the filling is placed onto the crepes, cut up your choice of fruit, divide, and place on top of filling on each crepe.
5. Take the end with the filling side and start rolling the crepes. Fold in both sides as you are rolling the crepe to secure the filling inside.
6. Once all rolled, spray a frying pan with cooking spray and turn on medium heat.
7. Set each rolled crepe on the pan and let cook until crepe starts to crisp then flip and crisp the other side.
8. While crepes are cooking, take the rest of the fruit and heat up in microwave for around 20-30 seconds.
9. Mix the peanut butter powder and cocoa powder with water to desired thickness.
10. Once crepes are done, place them on a plate and top them with the heated fruit and the peanut-cocoa drizzle, ENJOY.

CLICK TO PURCHASE PB2 POWDERED PEANUT BUTTER

NUTRITION PER SERVING

CALORIES	180
FAT (G)	5
CARBS (G)	17
FIBER (G)	4
PROTEIN (G)	17

MEDIUM BATCH - 4 CREPES

Ingredients: 4 Crepini Egg White Wraps.

Filling: 22g (¾) scoop protein powder, 5g (1 tbsp) cocoa powder, Water to desired thickness (~2 tbsp), ½ packet (1 tsp) sweetener, 6-8 strawberries (~80g), 60g banana (~½ serving).

Toppings: 6g (1 tbsp) powdered peanut butter (PB2), 5g (1 tbsp) cocoa powder, Water to desired thickness (~1 tbsp), 6-8 strawberries (~80g)

CALORIES	360
FAT (G)	10
CARBS (G)	35
FIBER (G)	8
PROTEIN (G)	34

LARGE BATCH - 6 CREPES

Ingredients: 6 Crepini Egg White Wraps.

Filling: 33g (1 scoop) protein powder, 7.5g (1½ tbsp) cocoa powder, Water to desired thickness (~3 tbsp) ¾ packet (1 ½ tsp) sweetener, 9-12 strawberries (~120g), 90g banana (~¾ serving).

Toppings: 9g (1½ tbsp) powdered peanut butter (PB2), 7.5g (1 ½ tbsp) cocoa powder, Water to desired thickness (~1 ½ tbsp), 9-12 strawberries (~120g)

CALORIES	535
FAT (G)	15
CARBS (G)	52
FIBER (G)	12
PROTEIN (G)	52

PANCAKES

Apple Protein Pancakes

VEGETARIAN GLUTEN-FREE	PREP TIME	READY IN
	10 MINUTES	20 MINUTES

If you've ever wanted to combine the deliciousness of pancakes, apple pie, and GAINS, look no further than this extraordinary recipe for apple protein pancakes!

Ingredients

MAKES 5 PANCAKES

480g (2 cups) egg whites

65g (¾ cup) rolled oats

125g (½ cup) 0% fat cottage cheese

450g (1 lb) apples

1½ tsp cinnamon

5 packets (~3 tbsp) sweetener

6g (2 tsp) guar gum

5g (1 tsp) baking powder

TOP WITH:

60ml (4 tbsp) low-calorie syrup (20 calories)

CLICK TO PURCHASE GUAR GUM

CLICK TO ORDER WALDEN FARMS SYRUP

Directions

1. Place the rolled oats in a Ninja blender (or whatever blender you own!) and pulse until it is a powdery consistency.
2. Add the remaining ingredients into the blender, and blend on high for 30 seconds or until a uniform consistency is achieved.
3. (OPTIONAL) Transfer blended mixture to an airtight container, and let sit in refrigerator for 4 hours. (Note: these can be eaten right away, but it is preferable to let the batter thicken over a few hours).
4. Heat a griddle over low-medium heat. Spray griddle with cooking spray. Add mixture to griddle and let sit for 1-2 minutes until edges appear cooked through.
5. Flip pancake with a spatula, and let sit for another 30-60 seconds, depending on doneness.
6. Remove pancake from the griddle and serve on a plate with toppings of choice.

NUTRITION PER BATCH	
CALORIES	820
FAT (G)	6
CARBS (G)	127
FIBER (G)	21
PROTEIN (G)	73

NUTRITION PER PANCAKE	
CALORIES	165
FAT (G)	2
CARBS (G)	25
FIBER (G)	4
PROTEIN (G)	15

Banana Chocolate Pancakes

VEGETARIAN GLUTEN-FREE

PREP TIME
10 MINUTES

READY IN
15 MINUTES

Ingredients

MAKES 4 PANCAKES

180g (¾ cup) egg whites

220g ripe banana

33g (1 scoop) chocolate protein powder (130 calories, 25g protein)

65g (¾ cup) rolled oats

15g (3 tbsp) cocoa powder

1 tsp cinnamon

Cooking spray

TOP WITH:

60ml (4 tbsp) low-calorie syrup (20 calories)

CLICK TO PURCHASE A NINJA BLENDER

CLICK TO PURCHASE MUSCLE EGG

Directions

1. Place rolled oats into a blender, and blend on high until the oats are powdery.
2. Add the remaining dry ingredients (protein powder, cinnamon, and cocoa powder) to the blender, and pulse until well-mixed.
3. Add the liquid ingredients to the blender, and blend on medium until the batter is smooth.
4. Heat a skillet over medium-high heat. Spray the pan with cooking spray, and add the batter to the pan to form a pancake.
5. Allow to cook on one side for 2-4 minutes or until the edges start to appear cooked, and then flip.
6. Remove from the pan and serve. Repeat until you've cooked as many pancakes as you want. (You may also store the extra batter and cook it later, or cook the extra pancakes now, and refrigerate until you are ready to eat them.)

TASTY TIP: YOU CAN SUBSTITUTE ANY FLAVOURED EGG WHITES (SUCH AS FROM LIQUID MUSCLE) FOR REGULAR EGG WHITES, OR GO HALF AND HALF FOR EXTRA FLAVOUR. IT COMES IN VANILLA, STRAWBERRY, OR PINA COLADA FLAVORS.

NUTRITION PER BATCH	
CALORIES	720
FAT (G)	8
CARBS (G)	106
FIBER (G)	15
PROTEIN (G)	58

NUTRITION PER PANCAKE	
CALORIES	180
FAT (G)	2
CARBS (G)	27
FIBER (G)	4
PROTEIN (G)	15

Banana Protein Pancakes

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	*15 MINUTES*

If you've ever wanted to combine the deliciousness of pancakes, bananas foster, and GAINS, look no further than this extraordinary recipe for banana protein pancakes.

Ingredients

MAKES 5 PANCAKES

480g (2 cups) egg whites

330g ripe banana

65g (¾ cup) rolled oats

125g (½ cup) 0% fat cottage cheese

½ tbsp cinnamon

5 packets (3 tbsp) sweetener

6g (2 tsp) guar gum

4g (1 tsp) baking powder

1 tsp cinnamon

Cooking spray

RECOMMENDED TOPPINGS:

60ml (4 tbsp) low-calorie syrup (20 calories)

Directions

1. Blend all ingredients for 30 seconds or until a uniform consistency is achieved.
2. (OPTIONAL) Transfer blended mixture to an airtight container, and let sit in refrigerator for 4 hours. (*Note: these can be eaten right away, but it is preferable to let the batter thicken over a few hours).*
3. Heat a griddle over low-medium heat. Spray griddle with cooking spray. Add mixture to griddle and let sit for 1-2 minutes until edges appear cooked through.
4. Remove pancake from the griddle and serve on a plate with toppings of choice.

CLICK TO PURCHASE A NINJA BLENDER

CLICK TO PURCHASE MUSCLE EGG

NUTRITION PER BATCH	
CALORIES	890
FAT (G)	5
CARBS (G)	135
FIBER (G)	16
PROTEIN (G)	75

NUTRITION PER PANCAKE	
CALORIES	180
FAT (G)	1
CARBS (G)	27
FIBER (G)	3
PROTEIN (G)	15

Cheese & Chive Cauliflower Protein Pancakes

VEGETARIAN	PREP TIME	READY IN
	15 MINUTES	30 MINUTES

Ingredients

MAKES 6 PANCAKES

300g cauliflower

90g (1 cup) rolled oats

480g (2 cups) Cheddar and Chives fat-free egg whites or other flavoured egg whites such as Garden Vegetable or Tex Mex

33g (1 scoop) casein protein powder (vanilla)

3g (1 tsp) guar/xanthan gum

2 packets (4 tsp) sweetener (to taste)

Cooking spray

Salt to taste

Directions

1. Place the cauliflower in a blender and blend on high until it's shredded into cauliflower rice.
2. Add the cauliflower rice, oats, Cheddar and Chive egg whites, guar/xanthan gum, sweetener and protein powder to a blender. Blend on medium to form a uniform mixture.
3. Heat up a nonstick skillet with cooking spray over medium-high heat.
4. Spray the skillet with cooking spray for one second.
5. Drop the batter into the heated skillet and cook until the edges and bottom begin to brown.
6. Flip and cook the other side until it is golden brown.

CLICK TO PURCHASE A NINJA BLENDER

CLICK TO PURCHASE GUAR GUM

NOTE: IT IS BETTER TO MAKE IT A NIGHT BEFORE SO THAT THE MIXTURE IS THICKER IN THE MORNING!

YOU ALSO DON'T HAVE TO USE CASEIN PROTEIN. IF USING WHEY PROTEIN AND NOT CASEIN IT WILL NOT BE THICK, BUT IT DOESN'T MATTER!

NOTE 2: IF YOU CAN FIND FLAVORED EGG WHITES SUCH AS CHEDDAR AND CHIVE WHICH IS MY FAVORITE, USE THEM!! IF NOT, YOU CAN JUST USE REGULAR EGG WHITES.

NUTRITION PER BATCH	
CALORIES	740
FAT (G)	6
CARBS (G)	75
FIBER (G)	20
PROTEIN (G)	90

NUTRITION PER PANCAKE	
CALORIES	125
FAT (G)	1
CARBS (G)	13
FIBER (G)	3
PROTEIN (G)	15

Double Chocolate Chip Pancakes

VEGETARIAN	PREP TIME	READY IN
	20 MINUTES	30 MINUTES

Ingredients

MAKES 3 PANCAKES

240g (1 cup) egg whites

300g cauliflower

½ serving fruit of choice (150g strawberries is Coach Greg's preference)

45g (½ cup) rolled oats

33g (1 scoop) chocolate casein protein powder

3 packets (2 tbsp) sweetener

1.5g (~½ tsp) guar/xanthan gum

2g (½ tsp) baking powder (optional)

45g sugar-free chocolate chips

5g (1 tbsp) cocoa powder

30ml (2 tbsp) Walden Farms sugar-free chocolate syrup

Cooking spray

Directions

1. Place the cauliflower in a blender and blend on high until it's shredded into small pieces (like cauliflower rice.)
2. Add the oats, egg whites, protein powder, sweetener, guar or xanthan gum, baking powder (if used), cocoa powder and Walden Farms chocolate syrup into the blender. Blend on medium until the batter is smooth.
3. Heat up a skillet and spray with cooking spray for 1 second. Then, pour the pancake batter in the pan on top of the fruit.
4. Press the chocolate chips and fruit slices on top of the pancake.
5. Flip when it's ready then cook for a few more minutes.
6. Remove from the pan, serve and enjoy.

NOTE: IT IS BETTER TO MAKE IT A NIGHT BEFORE SO THAT THE MIXTURE IS THICKER IN THE MORNING!

YOU CAN OPT TO USE THE BAKING POWDER FOR EXTRA THICKNESS (ESPECIALLY IF YOU USE WHEY PROTEIN RATHER THAN CASEIN.) IF YOU JUST USE CASEIN PROTEIN, YOU CAN GET AWAY WITHOUT THE BAKING POWDER.

CLICK TO PURCHASE A NINJA BLENDER

CLICK TO PURCHASE GUAR GUM

TOTAL NUTRITION	
CALORIES	790
FAT (G)	21
CARBS (G)	89
FIBER (G)	23
PROTEIN (G)	68

NUTRITION PER PANCAKE	
CALORIES	265
FAT (G)	7
CARBS (G)	30
FIBER (G)	8
PROTEIN (G)	23

French Toast Blueberry Pancakes

VEGETARIAN	PREP TIME	READY IN
	15 MINUTES	20 MINUTES

Ingredients

MAKES 2 PANCAKES

480g (2 cups) egg whites

4 slices regular ass bread (up to 80 calories per slice)

4 packets (~3 tbsp) sweetener

2 tsp cinnamon

5g (1½ tsp) guar/xanthan gum

100g blueberries

Cooking spray

OPTIONAL TOPPINGS

60ml (4 tbsp) low-calorie syrup (20 calories)

Directions

1. In a blender, add bread slices, egg whites, guar/xantham gum, sweetener, and cinnamon.
2. Blend on high until mixture is uniform in consistency. Remove mix from the blender and add to a fridge-safe airtight container.
3. (OPTIONAL): Let sit for 2-3 hours or more in the refrigerator. The longer you let the mixture rest, the better it binds. (Note: it can be cooked right away but it's better if it has time to sit).
4. Heat a griddle over low-medium heat. Spray griddle with cooking spray. Add mixture to griddle and let sit for 1-2 minutes until edges appear cooked through.
5. Add blueberries to the pancake in the griddle.
6. Once edges start to brown and pancake appears to be visibly cooked about ⅔ of the way, flip the pancake in the griddle and let sit another 1-2 minutes.
7. Remove pancake from the griddle and serve on a plate with low-calorie syrup or leftover blueberries.

'LITE' VERSION SUBSTITUTIONS

3 slices of regular ass bread instead of 4 (up to 240 calories total)

NUTRITION PER SERVING	ENTIRE REGULAR BATCH	REGULAR PANCAKE	ENTIRE LIGHT BATCH	LIGHT PANCAKE
CALORIES	665	330	580	290
FAT (G)	7	4	6	3
CARBS (G)	81	40	66	33
FIBER (G)	9	4	8	4
PROTEIN (G)	65	32	62	31

Pumpkin Apple Pancakes

VEGETARIAN GLUTEN-FREE	PREP TIME	READY IN
	15 MINUTES	20 MINUTES

Ingredients

MAKES 6 PANCAKES

100g (~1 cup) rolled oats

480g (2 cups) egg whites

225g (1 cup) pumpkin purée

250g Granny Smith apples, peeled and shredded

4 packets (~3 tbsp) sweetener

4g (1 tsp) baking soda

1 tsp cinnamon (optional)

3g (1 tsp) guar gum

Cooking spray

TOP WITH:

60ml (4 tbsp) low-calorie syrup (20 calories)

Directions

1. Put the oats in a blender, blend to make a flour-like consistency (optional).
2. In a bowl, add the remaining dry ingredients.
3. In a separate bowl, add pumpkin purée and egg whites, mix well.
4. Combine dry ingredients and wet ingredients into a blender, blend for 5-10 seconds.
5. Remove the batter from the blender and fold in shredded apples.
6. Heat a skillet to medium-low heat.
7. Spray the skillet with cooking spray for 1 second. Add the pancake mixture to the pan and let the pancakes get firm on one side before flipping.
8. Enjoy!

TOTAL NUTRITION	
CALORIES	860
FAT (G)	8
CARBS (G)	126
FIBER (G)	29
PROTEIN (G)	68

NUTRITION PER PANCAKE	
CALORIES	140
FAT (G)	1
CARBS (G)	21
FIBER (G)	5
PROTEIN (G)	11

Quick & Easy Pancakes

VEGETARIAN GLUTEN-FREE

PREP TIME
15 MINUTES

READY IN
20 MINUTES

Ingredients

MAKES 2 PANCAKES

240g (1 cup) regular or flavored Liquid Muscle or Muscle Egg egg whites

25g (¾ scoop) casein protein

2 packets (4 tsp) sweetener

~1g (¼ tsp) guar gum

Cooking Spray

TOP WITH:

60ml (4 tbsp) low-calorie syrup (20 calories)

CLICK HERE TO PURCHASE LIQUID MUSCLE

CLICK TO PURCHASE MUSCLE EGG

Directions

1. In a bowl, mix egg whites, casein protein, sweetener, and baking powder/guar gum with a fork until a uniform consistency is achieved.
2. Heat a griddle over low-medium heat. Spray griddle with cooking spray. Add mixture to griddle and let sit for 1-2 minutes until edges appear cooked through.
3. Remove pancake from the griddle and serve on a plate with toppings of choice.

NOTE: I LIKE MAKING THIS INTO 3 REALLY THIN PANCAKES. THIN LIKE CREPES. DO WHATEVER YOU WANT!!

NUTRITION PER SERVING

CALORIES	255
FAT (G)	1
CARBS (G)	13
FIBER (G)	0
PROTEIN (G)	47

Strawberry Cheesecake Protein Pancakes

VEGETARIAN GLUTEN-FREE

PREP TIME
15 MINUTES

READY IN
20 MINUTES

Ingredients

MAKES 3 PANCAKES

480g (2 cups) egg whites

400g cauliflower

1 serving fruit of choice, sliced (300g strawberries recommended) (100 calories)

45g (⅜ cup) rolled oats

50g (1½ scoop) strawberry cheesecake (or flavour of choice) protein powder

3 packets (2 tbsp) sweetener to taste

1.5g (½ tsp) guar gum/xanthan gum

Cooking spray

Directions

1. Place the cauliflower in a blender and blend on high until it's shredded.
2. Place the remaining ingredients in the blender except the serving of fruit, and blend until smooth.
3. Heat a skillet over low-medium heat. Spray with cooking spray for 1 second, then pour mixture onto the pan.
4. Place the fruit on top of the pancakes while they're cooking.
5. Flip once the bottom is golden brown or until desired doneness. Enjoy!

NOTE: CASEIN PROTEIN IS THICKER THAN WHEY PROTEIN. IF YOU USE CASEIN, YOU DON'T NEED AS MUCH GUAR/XANTHAN GUM.

CLICK TO PURCHASE GUAR GUM

NUTRITION PER BATCH	
CALORIES	855
FAT (G)	8
CARBS (G)	132
FIBER (G)	40
PROTEIN (G)	74

NUTRITION PER PANCAKE	
CALORIES	285
FAT (G)	3
CARBS (G)	44
FIBER (G)	13
PROTEIN (G)	25

Vanilla Chocolate Chip Pancakes

VEGETARIAN GLUTEN-FREE

PREP TIME
15 MINUTES

READY IN
20 MINUTES

Ingredients

MAKES 2 PANCAKES

240g (1 cup) egg whites

300g cauliflower

45g (⅜ cup) rolled oats

33g (1 scoop) vanilla casein protein powder

3 packets (2 tbsp) sweetener

1.5g (½ tsp) guar or xanthan gum

45g sugar-free chocolate chips

Cooking spray

Directions

1. Place the cauliflower in a blender and blend on high until it's shredded into small pieces (like cauliflower rice).
2. Add into the blender oats, protein powder, egg whites, guar/xanthan gum, baking powder (if used) and sweetener. Blend until the mixture is well blended.
3. Heat a nonstick skillet on low-medium heat. Spray the skillet with cooking spray for 1 second. Pour the mixture into the heated skillet.
4. Add the sugar-free chocolate chips on the pancakes while in the pan.
5. Flip the pancake when you feel like it and eat when ready (and don't forget to put the fork down)!!

MEAL-PREP TIP: MAKE THE BATTER THE NIGHT BEFORE AND STORE AWAY IN THE REFRIGERATOR. IT WILL GET SUPER THICCC THAT WAY!

TOTAL NUTRITION	
CALORIES	700
FAT (G)	19
CARBS (G)	77
FIBER (G)	18
PROTEIN (G)	64

NUTRITION PER PANCAKE	
CALORIES	350
FAT (G)	10
CARBS (G)	39
FIBER (G)	9
PROTEIN (G)	32

LOAVES

Pumpkin Spice Loaf

VEGETARIAN	PREP TIME	READY IN
	20 MINUTES	*1 HOUR*

Ingredients

MAKES 5 SERVINGS

225g (1 cup) pumpkin purée

66g (2 scoops) cinnamon or vanilla protein powder

20g (3 tbsp) oat flour

25g (¼ cup) almond flour

6 packets (¼ cup) sweetener

3g (½ tsp) baking soda

4 tsp cinnamon

5g (1 tsp) vanilla extract

15g sugar-free chocolate chips (optional)

Directions

1. Preheat the oven to 350°F/177°C.
2. Blend all ingredients together in a blender (except for the chocolate chips.)
3. Fold the chocolate chips into the batter.
4. Spray a loaf pan with cooking spray for 1 second. Then, pour the batter into the loaf pan.
5. Place in the oven and bake for 15-20 minutes, or until a toothpick comes out clean.
6. Let cool completely. Slice and serve.

NOTE: YOU CAN DOUBLE UP THE CHOCOLATE CHIPS TO MAKE THE LOAF MORE GOOEY (BUT BE SURE TO RE-CALCULATE THE CALORIES!)

YOU CAN ALSO ADD MORE CINNAMON IF YOU USE VANILLA PROTEIN POWDER AND WANT TO MAKE THE TASTE MORE CINNAMONY.

TOTAL NUTRITION	
CALORIES	700
FAT (G)	20
CARBS (G)	70
FIBER (G)	18
PROTEIN (G)	68

NUTRITION PER SERVING	
CALORIES	140
FAT (G)	5
CARBS (G)	14
FIBER (G)	4
PROTEIN (G)	14

MUFFINS

Apple Cinnamon Muffins

VEGAN	PREP TIME	READY IN
	10 MINUTES	20 MINUTES

Ingredients

MAKES 6 MUFFINS

250g (1 cup) unsweetened applesauce

45ml (3 tbsp) unsweetened almond milk

10g (2 tsp) vanilla extract

10g (2 tsp) apple cider vinegar

65g (~½ cup) oat flour

43g (~1⅓ scoop) vanilla or cinnamon protein powder

12 packets (½ cup) sweetener

½ tsp sea salt

2.5g (½ tsp) baking powder

1g (¼ tsp) baking soda

¼ tsp cinnamon (if not using cinnamon protein powder you can add more)

80g chopped apples

Directions

1. Preheat the oven to 350°F/177°C.
2. In a bowl mix all the wet ingredients together.
3. In a separate bowl mix all the dry ingredients (leave chopped apples out until last).
4. Once both are mixed, combine together and stir thoroughly until smooth.
5. Add in some (but not all) of the chopped apples and then fold into the mixture.
6. Scoop the muffin mixture into the silicone muffin mold until the well is ¾ full. Add the remaining apples to the tops of the muffin molds.
7. Bake in the preheated oven for 18 minutes or until a toothpick comes out clean.
8. Let the muffins cool in the molds for a few minutes before removing and serving.

NOTES: IF YOU USE VANILLA PROTEIN POWDER, YOU CAN ADD IN MORE CINNAMON.

THIS IS A VEGAN RECIPE IF YOU USE VEGAN PROTEIN POWDER!!

NUTRITION PER BATCH	
CALORIES	600
FAT (G)	6
CARBS (G)	89
FIBER (G)	12
PROTEIN (G)	53

NUTRITION PER MUFFIN	
CALORIES	100
FAT (G)	1
CARBS (G)	15
FIBER (G)	2
PROTEIN (G)	9

Banana Chocolate Protein Muffins

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	40 MINUTES

Ingredients

MAKES 8 MUFFINS

220g banana

125g (½ cup) 0% fat Greek yogurt

200g (~7/8 cup) egg whites

90g (~¾ cup) self-rising flour

132g (4 scoops) chocolate protein powder (520 calories, 100g protein)

4g (1 tsp) baking soda

5g (1 tsp) baking powder

5g (1 tsp) vanilla extract

Directions

1. Preheat the oven to 350°F (177°C). Place liners in a muffin tin and spray them with cooking spray.
2. In a bowl, mix all the dry ingredients together well. In a separate bowl or a stand mixer, whip together the rest of the ingredients until smooth. Add the dry ingredients to the wet ingredients and mix until incorporated.
3. Fill the muffin liners about ¾ of the way full with the batter. Bake the muffins in the oven for 20 minutes or until a toothpick comes out clean when you prick the muffins.
4. Remove the muffins from the oven and allow to cool for 20 minutes before serving.

NUTRITION PER BATCH	
CALORIES	1250
FAT (G)	13
CARBS (G)	147
FIBER (G)	15
PROTEIN (G)	149

NUTRITION PER MUFFIN	
CALORIES	155
FAT (G)	2
CARBS (G)	19
FIBER (G)	2
PROTEIN (G)	19

Blueberry Protein Muffins

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	40 MINUTES

Ingredients

MAKES 10 MUFFINS

250g (1 cup) unsweetened apple sauce

175g (~¾ cup) 0% fat Greek yogurt

60g (¼ cup) egg whites

66g (2 scoops) cinnamon or vanilla protein powder

240g (2 cups) oat flour

270g fresh blueberries

5g (1 tsp) vanilla extract

6 packets (¼ cup) sweetener

6g (1½ tsp) baking powder

4g (½ tsp) baking soda

Directions

1. Preheat the oven to 163°C (325°F).
2. Combine all wet ingredients into a bowl and mix until evenly distributed.
3. In another bowl, combine all dry ingredients and mix. Then, combine the wet and dry ingredients in a bowl.
4. Mix until you get a smooth consistency. Fold in blueberries.
5. Spray a muffin tray with cooking spray, and pour the batter into the muffin trays. Be sure to leave approx ¼ - ½ inch (~1 cm) of room for the muffins to rise in each tray.
6. Bake for 15-20 minutes, or until a toothpick comes out clean (DON'T over bake or else they will be dry.)
7. Let cool on a cooling rack and serve.

NUTRITION PER BATCH	
CALORIES	1620
FAT (G)	23
CARBS (G)	240
FIBER (G)	33
PROTEIN (G)	119

NUTRITION PER MUFFIN	
CALORIES	160
FAT (G)	2
CARBS (G)	24
FIBER (G)	3
PROTEIN (G)	12

Carrot Apple Muffins

VEGETARIAN	PREP TIME	READY IN
	20 MINUTES	*45 MINUTES*

Ingredients

MAKES 10 MUFFINS

190g (~1½ cups) oat flour

200g carrots, shredded

100g (3 scoops) vanilla protein powder

180g (¾ cup) egg whites

185g (¾ cup) unsweetened applesauce

100g (1 cup) crushed fresh Granny Smith apples

10g (2 tsp) vanilla extract

4g (1 tsp) baking soda

1 tsp Kosher salt

1 tsp cinnamon

TO TASTE:

10 packets (3 tbsp) sweetener

Directions

1. Preheat the oven to 350°F (177°C). Line a muffin tin with cupcake liners and spray with cooking spray.
2. In a large bowl, mix all the dry ingredients together thoroughly. In a separate bowl, mix all the rest of the ingredients together.
3. Add the wet ingredients to the dry ingredient and mix well until everything is well incorporated.
4. Fill the cupcake liners about ¾ full of the batter. "I put ¼ cup in each cupcake liner!"
5. Bake in the oven for 20 minutes or until a toothpick comes out clean when you prick the cake with one.
6. Remove from the oven and allow to cool down for at least 20 minutes before serving.

NUTRITION PER BATCH	
CALORIES	1535
FAT (G)	21
CARBS (G)	234
FIBER (G)	61
PROTEIN (G)	131

NUTRITION PER MUFFIN	
CALORIES	155
FAT (G)	2
CARBS (G)	23
FIBER (G)	6
PROTEIN (G)	13

Chocolate Banana Muffins

VEGETARIAN	PREP TIME	READY IN
	15 MINUTES	45 MINUTES

Ingredients

MAKES 10 MUFFINS

100g (3 scoops) chocolate whey protein powder

330g banana

180g (¾ cup) egg whites

125g (~½ cup) 0% fat Greek yogurt

80g (~⅔ cup) oat flour

25g (5 tbsp) cocoa powder

75g sugar-free chocolate chips

180ml (¾ cup) Stevia

30ml (2 tbsp) hot water

8g (2 tsp) baking powder

½ tsp Kosher salt

5g (1 tsp) vanilla extract

Directions

1. Preheat the oven to 350°F/177°C. Place liners in a muffin tin and spray them with cooking spray.
2. In a bowl, mix all the dry ingredients together well.
3. In a separate bowl or a stand mixer, whip together the rest of the ingredients until smooth. Add the dry ingredients to the wet ingredients and mix until well mixed.
4. Fill the muffin liners about ¾ of the way full with the batter. Bake the muffins in the oven for 20 minutes or until a toothpick comes out clean when you prick the muffins.
5. Remove the muffins from the oven and allow to cool for 20 minutes before serving.

NUTRITION PER BATCH	
CALORIES	1580
FAT (G)	41
CARBS (G)	206
FIBER (G)	27
PROTEIN (G)	131

NUTRITION PER MUFFIN	
CALORIES	160
FAT (G)	4
CARBS (G)	21
FIBER (G)	3
PROTEIN (G)	13

Frosted Peanut Butter Banana Protein Muffins

VEGETARIAN GLUTEN-FREE

PREP TIME
10 MINUTES

READY IN
40 MINUTES

Ingredients

MAKES 4 MUFFINS

140g (~½ cup) 0% fat Greek yogurt

110g banana

20g (~3 tbsp) powdered peanut butter (PB2)

60g (½ cup) oat flour

33g (1 scoop) protein powder

5g (1 tsp) baking powder

FROSTING

125g (½ cup) 0% fat Greek yogurt

30g (5 tbsp) powdered peanut butter (PB2)

CLICK TO PURCHASE PB2 POWDERED PEANUT BUTTER

Directions

1. Pre-heat the oven to 176°C (350°F).
2. Blend all ingredients in a blender until there is a smooth batter.
3. Add the mixture into a muffin pan or a regular baking pan. Be sure to spray the pan with cooking spray before adding the batter.
4. Bake at 176°C (350°F) for 20-25 minutes or until you can stick a toothpick into the muffin and the toothpick comes out clean.
5. While the muffins are baking, prepare the frosting by mixing the Greek yogurt and powdered peanut butter.
6. Remove the muffins from the oven and let sit to cool completely to firm up.
7. Apply the frosting to each muffin if desired and serve.

NOTE: YOU CAN USE ANY PROTEIN POWDER HERE BUT YOUR BEST BET IS TO PICK A FLAVOR BASED ON HOW YOU WANT THE MUFFINS TO TASTE. IF YOU WANT A CHOCOLATE FLAVORED MUFFIN, THEN CHOOSE A CHOCOLATE PROTEIN POWDER. IF YOU WANT A CINNAMON-FLAVORED MUFFIN THEN CHOOSE CINNAMON, ETC.

NUTRITION PER BATCH	
CALORIES	815
FAT (G)	13
CARBS (G)	95
FIBER (G)	17
PROTEIN (G)	86

NUTRITION PER SERVING	
CALORIES	205
FAT (G)	3
CARBS (G)	24
FIBER (G)	4
PROTEIN (G)	22

Pumpkin Protein Muffins

VEGETARIAN GLUTEN-FREE	PREP TIME	READY IN
	15 MINUTES	40 MINUTES

Ingredients

MAKES 8 MUFFINS

165g (5 scoops) vanilla protein powder

32g (~¼ cup) coconut flour

64g erythritol or ~7 packets sweetener

225g (1 cup) pumpkin purée

120g (½ cup) egg whites

2 tsp pumpkin pie spice

20g (4 tsp) baking powder

½ tsp salt

5g (1 tsp) vanilla extract

Directions

1. Preheat the oven to 350°F (177°C). Place cupcake liners in a muffin tin and spray them with cooking spray.
2. In a large bowl, mix all the dry ingredients together well. In a separate bowl, mix all the rest of the ingredients together. Add the wet ingredients to the dry ingredient and mix well until everything is incorporated.
3. Fill the cupcake liners about ¾ full of the batter. Bake in the oven for 20 minutes or until a toothpick comes out clean.
4. Remove from the oven and allow to cool down for at least 20 minutes before serving.

TOTAL NUTRITION	
CALORIES	930
FAT (G)	36
CARBS (G)	57
FIBER (G)	16
PROTEIN (G)	146

NUTRITION PER MUFFIN	
CALORIES	120
FAT (G)	5
CARBS (G)	7
FIBER (G)	2
PROTEIN (G)	18

Strawberry Peach Protein Muffins

VEGETARIAN GLUTEN-FREE

PREP TIME
20 MINUTES

READY IN
1 HOUR

Ingredients

MAKES 10 MUFFINS

285g (1¼ cup) 0% fat Greek yogurt

180g (¾ cup) egg whites

30ml (2 tbsp) unsweetened almond milk

45ml (3 tbsp) unsweetened applesauce

2 packets (or 4 tsp) sweetener

5g (1 tsp) vanilla extract

160g (~1⅓ cups) oat flour

33g (1 scoop) vanilla whey protein powder

2.5g (½ tsp) baking powder

2g (½ tsp) baking soda

40g fresh strawberries, slices

40g fresh peaches, chopped

FROSTING:

30ml (2 tbsp) Swerve 0-Calorie Icing sugar

8ml (½ tbsp) unsweetened almond milk

Directions

1. Preheat the oven to 350°F (177°C). Place liners in a muffin tin and spray them with cooking spray.
2. In a bowl, mix all the dry ingredients together well. In a separate bowl or a stand mixer, whip together the rest of the ingredients until smooth. Add the dry ingredients to the wet ingredients and mix until incorporated. Fold in the strawberries and peaches and mix gently with a spoon until mixed.
3. Fill the muffin liners about ¾ of the way full with the batter. Bake the muffins in the oven for 25 minutes or until a toothpick comes out clean when you prick the muffins.
4. While the muffins are in the oven, place the frosting ingredients in a bowl and mix with a fork until well-blended.
5. Remove the muffins from the oven and allow to cool for 15 minutes before placing the icing on top and serving.

CLICK TO ORDER SWERVE 0-CALORIE ICING SUGAR

NUTRITION PER BATCH	
CALORIES	1010
FAT (G)	13
CARBS (G)	135
FIBER (G)	4
PROTEIN (G)	91

NUTRITION PER MUFFIN	
CALORIES	101
FAT (G)	1
CARBS (G)	14
FIBER (G)	0
PROTEIN (G)	9

Sunshine Morning Muffins

VEGETARIAN GLUTEN-FREE	PREP TIME	READY IN
	10 MINUTES	*45 MINUTES*

Ingredients

MAKES 4 MUFFINS

350g (~1½ cup) 0% fat Greek yogurt

220g ripe banana (mashed)

48g (½ cup) powdered peanut butter (PB2)

150g (1¼ cup) oat flour

66g (2 scoops) chocolate peanut butter protein powder

8g (2 tsp) baking powder

FROSTING:

125g (~½ cup) 0% fat Greek yogurt

30g (5 tbsp) powdered peanut butter (PB2)

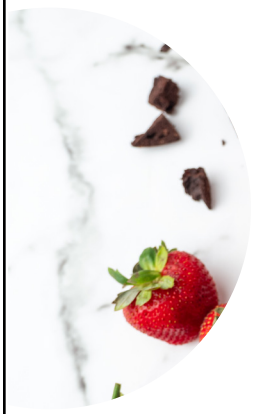
Directions

1. Preheat the oven to 350°F (177°C). Place liners in a muffin tin and spray them with cooking spray.
2. In a bowl, mix all the dry ingredients together well. In a separate bowl or a stand mixer, whip together the rest of the ingredients until smooth. Add the dry ingredients to the wet ingredients and mix until well mixed.
3. If you don't want to get a bicep pump from mixing the ingredients manually, you may use a blender. First, put all of the dry ingredients in the blender, and pulse on high until there is an even, powdery consistency. Then, add the wet ingredients and pulse on medium until the batter is smooth and consistent.
4. Fill the muffin liners about ¾ of the way full with the batter. Bake the muffins in the oven for 20-25 minutes or until a toothpick comes out clean when you prick the muffins.
5. Remove the muffins from the oven and allow to cool for 20 minutes before serving.
6. OPTIONAL: If you wish to add frosting, simply mix the Greek yogurt with powdered peanut butter in a bowl, and then add a dollop to the top of each muffin.

NUTRITION PER BATCH	
CALORIES	1440
FAT (G)	22
CARBS (G)	184
FIBER (G)	29
PROTEIN (G)	136

NUTRITION PER MUFFIN	
CALORIES	360
FAT (G)	6
CARBS (G)	46
FIBER (G)	7
PROTEIN (G)	34

"Unlike the saying "A moment on the lips, a lifetime on the hips," this is not going to be on your hips because it's low calorie-dense food!"



APPETIZERS

Delicious Quesadilla

DIFFICULTY	PREP TIME	READY IN
EASY	*15 MINUTES*	*20 MINUTES*

You can simply never go wrong with a quesadilla! Have it however the heck you want - with beef, chicken, turkey, or whatever. It doesn't matter! The point is, it's going to be delicious, and it's going to be friendly to your low calorie-dense lifestyle without having to sacrifice taste.

Ingredients

MAKES 1 QUESADILLA

60g chicken breast, boneless and skinless OR 50g extra-lean ground turkey OR 40g extra-lean ground beef/steak (measured cooked)

2 low-carb high-fiber tortillas (70 calories per tortilla)

2 slices fat-free cheese or 38g fat-free shredded cheese (60 calories)

½ serving veggies (peppers / onions / jalapenos / mushrooms)

40g (3 tbsp) of your favorite salsa

30g (2 tbsp) fat-free sour cream

Salt & pepper to taste

Directions

1. Prep: grill chicken breast/ground turkey/ground beef/steak/etc. with salt & pepper to taste and set aside & refrigerate until you are ready to make your quesadilla.
2. Pre-heat the oven to 375°F (190°C). You may also pre-heat a toaster oven if you have that available in your kitchen.
3. Add aluminum foil to a baking sheet and spray with cooking spray. Lay one tortilla flat on the piece of aluminum foil. Spread the veggies, cheese, and meat/poultry evenly on top of the tortilla. Add the 2nd tortilla on top, like a sandwich.
4. For the light version, you will want to fold the tortilla, so make sure the ingredients only take up half of the tortilla.
5. Place the quesadilla in the oven or toaster oven for 5-10 minutes, or until it has reached desired warmth and doneness.
6. Remove the quesadilla from the oven/toaster oven and place on a plate. Slice like a pizza so you can easily eat it with your hands. Serve with fat-free sour cream and salsa for dipping sauce.

CLICK TO PURCHASE MISSION TORTILLAS

"Lite" Version (folded)

Use 1 tortilla and fold it in half instead of stacking 2 tortillas, ¼ serving veggies (25 calories), 1 slice (or 19g shredded) fat-free cheese (30 calories), 2 tbsp of your favorite salsa, and 2 tbsp fat-free sour cream

NUTRITION PER SERVING	BEEF	CHICKEN	TURKEY
CALORIES	360	365	370
FAT (G)	9	8	10
CARBS (G)	60	60	60
FIBER (G)	35	35	35
PROTEIN (G)	32	36	33

NUTRITION PER SERVING	BEEF	CHICKEN	TURKEY
CALORIES	255	260	260
FAT (G)	6	5	7
CARBS (G)	37	37	37
FIBER (G)	20	20	20
PROTEIN (G)	23	27	24

Grilled Spicy Peanut Chicken Satay Skewers

DIFFICULTY	PREP TIME	READY IN
MEDIUM	*15 MINUTES*	*30 MINUTES*

Chicken satays with peanut sauce are a very common dish in Thailand that have made their way around to appetizer plates around the world! Make sure you have skewers handy to cook this delicious chicken recipe with peanut flavor. I know I advertise that my lifestyle has no chicken and broccoli, but this recipe is different because it's mouth-watering. Chicken can be mouth-watering when you incorporate spicy and peanut flavors. You will be able to enjoy this recipe with yourself as well as with guests.

Ingredients

MAKES 6 SERVINGS

670g (24 oz) raw, boneless and skinless chicken breast, cut in 5cm/2" chunks

375g carrots, shredded

100g green onion, chopped

20g fresh cilantro, chopped (optional)

90g (⅓ cup) chili paste

84g (~7/8 cup) peanut butter powder

240ml (1 cup) light soy sauce

Directions

1. You will need skewers for this recipe. If you are using wooden skewers, make sure to soak them in water for 10 minutes before placing the chicken on them.
2. Place two or three chicken chunks on each of the skewers until the chicken is used up. Heat the grill to medium high and cook the chicken on the skewers till fully cooked or the internal temperature of the chicken is 165°F/74°C. Remove from the grill and allow to rest for a few minutes.
3. In a small bowl, mix the soy sauce, peanut butter powder and chili paste together well. Take the cooked chicken skewers and coat them in the sauce mixture by either brushing them with it or rolling them in the sauce to coat them completely.
4. Transfer the sauced chicken skewers to a plate and sprinkle with the shredded carrots, cilantro and green onions. One entire batch makes 6 small portions. Serve and enjoy!

NOTE: THE CALORIES IN THIS RECIPE ARE OVER-ESTIMATES. THE NUTRITION ASSUMES YOU WILL EAT ALL OF THE DIPPING SAUCE, WHICH YOU PROBABLY WON'T!!

NUTRITION PER BATCH	
CALORIES	1425
FAT (G)	20
CARBS (G)	101
FIBER (G)	29
PROTEIN (G)	210

NUTRITION PER SERVING	
CALORIES	235
FAT (G)	3
CARBS (G)	17
FIBER (G)	5
PROTEIN (G)	35

Protein "Chips and Guacamole"

VEGETARIAN	PREP TIME	READY IN
	5 MINUTES	5 MINUTES

Like dining at Mexican restaurants with the unlimited salsa, chips, and guacamole, but also like your gains? Look no further than this modified version of chips and guacamole!

Ingredients

MAKES 1 SERVING

1 Flatout Protein UP Flatbread or protein flatbread of choice (110 calories)

Guacamole - 50g avocado, 25g tomato, 25g onions, 25g jalapenos

1 tbsp fresh lime juice

Salt and pepper

Directions

1. Slice an avocado into cubes. Dice tomatos, onions, and jalapenos. Place all in one bowl and mash with a spoon or a pestel. Add lime, salt and pepper to taste.
2. Place Flatout ProteinUP wrap on a baking sheet. Slice wrap into tortilla chip-sized squares. Put in toaster oven for 3 minutes until the pieces are crispy like tortilla chips.
3. Serve together as an appetizer or as a delicious healthy snack.

CLICK TO PURCHASE FLATOUT PROTEINUP FLATBREAD

NUTRITION PER SERVING

CALORIES	210
FAT (G)	11
CARBS (G)	28
FIBER (G)	8
PROTEIN (G)	12

Smoked Salmon Pinwheels

DIFFICULTY	PREP TIME	READY IN
EASY	*5 MINUTES*	*10 MINUTES*

Coach Greg: "I normally do not like fish in a wrap, but I actually love these! And they help me get in my healthy omega-3 fats from the salmon. I don't even like sushi in a restaurant and I like these!! So if you think you don't like fish, give this a try and see for yourself. I also mix up my tortillas based on whether or not I'm in the mood for a high- or low-calorie experience.

Ingredients

MAKES 1 SERVING

60g (~2 oz) cold smoked salmon

1 low-carb tortilla wrap (Mission Carb Balance Tortilla, 70 calories)

50g frozen spinach, thawed and drained

30g red onion, shaved

10g capers

15g low-fat cream cheese (35 calories)

½ tsp black pepper

Optional:

2 tsp fresh dill, chopped

Directions

1. Lay the tortilla wrap out flat and spread the cream cheese around to cover it. Next, cover the whole tortilla with the strips of smoked salmon. Sprinkle the black pepper, capers and dill on the smoked salmon evenly.
2. Spread the shredded spinach and the onions out on top of everything evenly so it is covered with the ingredients. Start at the bottom of the tortilla and roll it up tightly all the way.
3. Use a knife to cut the burrito rollup in sections about 2 inches (5 centimeters) thick. Each section should look like a pinwheel from the side if you rolled it correctly.
4. Transfer the pinwheels to a plate, serve and enjoy!

CLICK TO PURCHASE MISSION CARB BALANCE TORTILLA

NUTRITION PER SERVING

CALORIES	200
FAT (G)	8
CARBS (G)	18
FIBER (G)	10
PROTEIN (G)	18

NOTE: THE CALORIES IN SMOKED SALMON WILL VARY DEPENDING ON THE FAT CONTENT. COACH GREG EATS SMOKED SALMON BECAUSE IT IS A SOURCE OF HEALTHY FATS. MAKE SURE TO CHECK THE LABELS. 6 OF THESE IS A WHOLE MEAL FOR COACH GREG.

TACOS, WRAPS & SANDWICHES

HOT SANDWICHES

TACOS, WRAPS & SANDWICHES

HOT SANDWICHES

Cheesy Grilled Egg White French Toast Sandwich

VEGETARIAN	PREP TIME	READY IN
	5 MINUTES	10 MINUTES

Who doesn't love French Toast? And who doesn't love grilled cheese and egg sandwiches? Well, I decided to combine these two American classic breakfast recipes and make them into an explosion of anabolic deliciousness. Once you try this recipe, it will become part of your every day meal rotation. And that's a guarantee!

Ingredients

MAKES 1 SANDWICH

480g (2 cups) egg whites

2 slices regular ass bread (160 calories)

2 slices fat-free cheese OR 38g fat-free shredded cheese (60 calories)

Salt & pepper to taste

Cooking spray

Optional:

45g (3 tbsp) sugar-free ketchup (add 30 calories) OR condiment of choice

CLICK HERE TO PURCHASE FAT-FREE CHEESE

Directions

1. Heat a non-stick pan over medium/low heat. Spray with cooking spray for one second.
2. Pour egg mixture on pan.
3. Place bread slices on the pan for 15 seconds then flip.
4. Cook for a few minutes until the egg mixture is cooked. You can cover the pan to cook evenly or flip egg whites while cooking until desired readiness.
5. Fold the egg mixture onto the bread slices and place a slice of cheese on top of each slice (add salt & pepper if desired)
6. Place bread slices on top of each other, allowing the cheese to melt inside the sandwich.
7. Turn off the heat, and place the sandwich onto a plate. Eat immediately with a fork with no sugar-added ketchup if desired. THIS IS ONE SITUATION WHERE YOU NEED TO PICK THE FORK UP!!

NUTRITION PER SERVING

CALORIES	480
FAT (G)	3
CARBS (G)	40
FIBER (G)	2
PROTEIN (G)	69

Triple-Stack Grilled Egg & Cheese French Toast

VEGETARIAN	PREP TIME	READY IN
	5 MINUTES	*10 MINUTES*

Ingredients

MAKES 1 SANDWICH

375g (1½ cups) egg whites
2 whole eggs

3 slices regular ass bread (240 calories)

3 slices (or 57g shredded) fat-free cheese (60 calories)

Salt & pepper to taste

Cooking spray

Optional:

45g (3 tbsp) sugar-free ketchup (add 30 calories) OR condiment of choice

CLICK HERE TO PURCHASE FAT-FREE CHEESE

Directions

1. Whisk the eggs and egg whites in a bowl until the mixture is fluffy.
2. Heat a non-stick pan over medium/low heat. Spray with cooking spray for one second.
3. Pour egg mixture on pan.
4. Place bread slices on the pan for 15 seconds then flip.
5. Cook for a few minutes until the egg mixture is cooked. Flip again and cook until the egg is cooked. Then, fold any remaining egg mixture onto the bread slices, and place cheese on top of each slice of bread.
6. Place the triple-stack sandwich onto a plate and eat with a fork and knife, and any condiments you desire.

NUTRITION PER SERVING

CALORIES	670
FAT (G)	11
CARBS (G)	57
FIBER (G)	2
PROTEIN (G)	75

Grilled Cheese Sandwich on Protein Bread

VEGETARIAN	PREP TIME	READY IN
	5 MINUTES	*10 MINUTES*

If you grew up eating grilled cheese sandwiches like most of us, you will love this modified version that will help to support your gains! With substitutions of fat-free cheese, low fat butter, and protein bread instead of full-fat cheese, full-fat butter, and normal bread, you will be able to enjoy that same delicious taste with more protein and less calories.

Ingredients

MAKES 1 SANDWICH

2 slices ICON Meals protein bread or high-protein bread of choice (140 calories per slice)

2 slices OR 38g shredded fat-free cheese (60 calories)

9g Becel 50% less fat butter

Directions

1. Heat a griddle over low heat, and add low-calorie butter to pan.
2. Add 2 slices of bread to the pan and add cheese on top.
3. Eat as a closed sandwich or as two open face sides, whichever you prefer.

NOTE: I LITERALLY USE WHITE BREAD. YOU DON'T NEED SOME FANCY EXPENSIVE BREAD THAT HAS SLIGHTLY "BETTER" CALORIES/ MACROS! (BUT YOU CAN IF YOU WANT TO!)

CLICK HERE TO PURCHASE ICON MEALS PROTEIN BREAD

NUTRITION PER SERVING

CALORIES	365
FAT (G)	14
CARBS (G)	34
FIBER (G)	2
PROTEIN (G)	38

REGULAR ASS BREAD VERSION

2 slices regular ass bread (instead of ICON Meals protein bread)

CALORIES	250
FAT (G)	6
CARBS (G)	34
FIBER (G)	2
PROTEIN (G)	18

Ham & Cheese Sandwich on Protein Bread

DIFFICULTY	PREP TIME	READY IN
MEDIUM	*5 MINUTES*	*10 MINUTES*

Ingredients

MAKES 1 SANDWICH

2 slices ICON Meals protein bread or high-protein bread of choice (140 calories per slice)

2 slices OR 38g shredded fat-free cheese (60 calories)

9g Becel 50% less fat butter

2 thin slices of ham (40 calories)

Directions

1. Heat a griddle over low heat, and add low-calorie butter to pan.
2. Add 2 slices of bread to the pan and add ham and cheese on top.
3. Eat as a closed sandwich or as two open face sides, whichever you prefer.

CLICK HERE TO PURCHASE ICON MEALS PROTEIN BREAD

CLICK HERE TO PURCHASE LOW-CALORIE BUTTER

CLICK HERE TO PURCHASE FAT-FREE CHEESE

NUTRITION PER SERVING

CALORIES	405
FAT (G)	14
CARBS (G)	34
FIBER (G)	4
PROTEIN (G)	48

REGULAR ASS BREAD VERSION

2 slices regular ass bread (instead of ICON Meals protein bread)

CALORIES	290
FAT (G)	6
CARBS (G)	34
FIBER (G)	2
PROTEIN (G)	24

Sloppy Greg Sandwich

DIFFICULTY	PREP TIME	READY IN
MEDIUM	*10 MINUTES*	*25 MINUTES*

Ingredients

MAKES 4 SERVINGS

450g (16 oz) extra lean ground turkey or extra lean meat of choice (measured raw)

8 slices regular ass bread/bun

1 packet Sloppy Joe Seasoning

1 jar/can 650-680ml of tomato sauce

6g (2 tsp) guar/xanthan gum

2 servings (200 calories) Veggies of Choice OR what I use:

250g red/yellow/orange bell pepper

225g mushrooms

250g onion

2 tsp garlic (4 garlic cloves)

CLICK HERE TO PURCHASE SLOPPY JOE SEASONING

Directions

1. Heat a pan to medium heat. Cook the turkey meat until it fully cooks through. Remove from the pan and drain in a colander/strainer.
2. Add in the onions, garlic, mushrooms and pepper. Cook and stir for 5 minutes or until thoroughly mixed with the meat.
3. Add in the Sloppy Joe Seasoning and the tomato sauce. Mix with a spoon and reduce heat to low.
4. Place one serving (two slices of bread...toasted if you like it crispy!) on a plate and spread ¾ cup (180ml) of the Sloppy Greg mixture on top of bread.
5. Optional: Add a fat-free cheese slice on top of the Sloppy Greg sandwich (adds 30 calories per serving).

NOTE 1: I USE "CLUB HOUSE" SLOPPY JOE SEASONING. IF YOU DON'T HAVE SLOPPY JOE SEASONING, YOU CAN USE PAPRIKA, CHILI PEPPER, & GARLIC.

NOTE 2: THE CALORIES MAY VARY DEPENDING ON HOW LEAN THE MEAT IS. CHOOSE THE LEANEST MEAT YOU CAN FIND!

TOTAL NUTRITION	
CALORIES	1800
FAT (G)	36
CARBS (G)	226
FIBER (G)	39
PROTEIN (G)	124

NUTRITION PER SERVING	
CALORIES	450
FAT (G)	9
CARBS (G)	57
FIBER (G)	10
PROTEIN (G)	31

Veggie Sloppy Greg Sandwich

VEGAN	PREP TIME	READY IN
	15 MINUTES	25 MINUTES

Ingredients

MAKES 4 SERVINGS

454g (16 oz) ground veggie meat (Gardein or Yves) (495 calories)

8 slices regular ass bread

1 packet of Sloppy Joe seasoning

150g (5 oz) can of tomato paste

125g (½ cup) no sugar-added ketchup

250g (1 cup) of tomato sauce

2 servings (200 calories) Veggies of Choice OR what I use:

250g red/yellow/orange bell pepper

225g mushrooms

250g onion

CLICK HERE TO PURCHASE SLOPPY JOE SEASONING

CLICK HERE TO PURCHASE GROUND VEGGIE MEAT

Directions

1. Heat a pan to medium heat. Lightly spray with cooking spray. Warm the veggie meat in the pan until it is thawed.
2. Add in the onions, garlic, mushrooms and pepper
3. Cook and stir for 5 minutes or until thoroughly mixed with the meat
4. Add tomato sauce, ketchup and tomato paste.
5. Add Sloppy Joe Seasoning mix and reduce heat to low.
6. Let simmer for 10 minutes
7. Place two slices of bread on a plate and spread ¾ cup (180ml) of the Sloppy Greg mixture on top of the bread.

NOTE: THIS IS A LARGE PORTION THAT YOU CAN EAT FOR DAYS! THIS STORES WELL IN THE REFRIGERATOR. WHEN YOU'RE READY TO EAT, TAKE OUT A PORTION, PLACE IN A BOWL, AND HEAT IT UP. SERVE ON A SLICE OF REGULAR ASS BREAD FOR A SINGLE PORTION.

NOTE 2: COACH GREG USES "CLUB HOUSE" SLOPPY JOE SEASONING. IF YOU DON'T HAVE SLOPPY JOE SEASONING, YOU CAN USE PAPRIKA, CHILI PEPPER, & GARLIC.

TOTAL NUTRITION	
CALORIES	1675
FAT (G)	22
CARBS (G)	231
FIBER (G)	40
PROTEIN (G)	131

NUTRITION PER SERVING	
CALORIES	420
FAT (G)	5
CARBS (G)	58
FIBER (G)	10
PROTEIN (G)	33

Vegan Meatball Sandwich on Protein Bread

VEGAN	READY IN	DIFFICULTY
	10 MINUTES	*EASY*

Ingredients

MAKES 1 SANDWICH

2 slices ICON Meals protein bread or high-protein bread of choice (140 calories per slice)

4 veggie meatballs (up to 120 calories)

Vegetables of choice (15 calories)

Recommended to top with lettuce, tomato, & onion

Condiments of choice (examples: mustard, horseradish, sugar-free ketchup)

Directions

1. Heat up the meatballs in the microwave according to the directions on the package.
2. Toast the bread slices in a toaster oven or toaster.
3. Build the sandwich with the meatballs, lettuce, tomato & onion (or veggies of choice). Top with low-calorie condiments such as mustard, horseradish, or sugar-free ketchup according to your taste preferences.

NUTRITION PER SERVING

CALORIES	430
FAT (G)	15
CARBS (G)	43
FIBER (G)	8
PROTEIN (G)	45

REGULAR ASS BREAD VERSION

2 slices regular ass bread of choice

CALORIES	310
FAT (G)	7
CARBS (G)	43
FIBER (G)	6
PROTEIN (G)	21

Veggie Pigs in a Blanket (Hot Dog)

VEGETARIAN	READY IN *10 MINUTES*	DIFFICULTY *EASY*

Ingredients

MAKES 1 HOT DOG

1½ weiners of veggie tofu dogs (70 calories)

1 slice regular ass bread (80 calories)

1 tbsp yellow mustard

1 tbsp ketchup

Directions

1. Toast the bread slices in a toaster oven or toaster.
2. Lay the bread slices flat and spread mayonnaise. Optionally add additional low-calorie condiments such as mustard or horseradish according to your taste preferences.
3. Build the sandwich with the remaining ingredients. Slice in half and serve.

NOTE: I EAT 3-4 OF THESE AS A MEAL!!

I ALSO LIKE TO ADD A SLICE OF MELTED FAT-FREE CHEESE ON TOP TO MAKE IT MORE DELICIOUS THAN LAST TIME!

CLICK TO PURCHASE YVES VEGGIE TOFU DOGS

NUTRITION PER SERVING

CALORIES	170
FAT (G)	3
CARBS (G)	23
FIBER (G)	1
PROTEIN (G)	14

CHEESY VERSION

Add 1 slice (or 19g shredded) fat-free cheese (30 calories)

CALORIES	200
FAT (G)	2
CARBS (G)	24
FIBER (G)	1
PROTEIN (G)	18

Chicken/Tuna, Lettuce & Tomato on Protein Bread

DIFFICULTY	PREP TIME	READY IN
EASY	*3 MINUTES*	*5 MINUTES*

Ingredients

MAKES 1 SANDWICH

2 slices ICON Meals protein bread or high-protein bread of choice (140 calories per slice)

Sliced tomato (up to 20 calories)

Lettuce (up to 10 calories)

4 thin slices of chicken OR ½ can of water-packed tuna (65 calories)

14g (1 tbsp) light mayonnaise (up to 30 calories)

Directions

1. Place the bread in the toaster until cooked to a light golden brown.
2. Lay the toast flat on a plate and spread the mayonnaise on the bread.
3. Place the chicken or tuna on top of the bread, and then lettuce and tomato.
4. Top with the 2nd layer of bread. Serve and enjoy.

NOTE: PROTEIN BREAD IS NOT NECESSARY! YOU CAN JUST USE REGULAR ASS BREAD. YOU DON'T NEED THE PROTEIN BREAD... THERE'S ALREADY PLENTY OF PROTEIN IN THE CHICKEN/TUNA!

USE HIGH PROTEIN BREAD IF YOU REQUIRE A LOT OF PROTEIN IN YOUR DIET. IF NOT, FEEL FREE TO CHOOSE REGULAR ASS BREAD.

CLICK HERE TO PURCHASE ICON MEALS PROTEIN BREAD

NUTRITION PER SERVING

CALORIES	445
FAT (G)	12
CARBS (G)	38
FIBER (G)	5
PROTEIN (G)	43

REGULAR ASS BREAD VERSION

Use 2 slices of regular ass bread instead of protein bread

CALORIES	275
FAT (G)	4
CARBS (G)	38
FIBER (G)	7
PROTEIN (G)	23

Powdered Peanut Butter and Jam Sandwich on Protein Bread

VEGETARIAN	READY IN	DIFFICULTY
	5 MINUTES	*EASY*

If you grew up eating peanut butter & jelly sandwiches like most of us, you will love this modified version that will help to support your gains! With substitutions of powdered peanut butter and protein bread instead of full-fat peanut butter and normal bread, you will be able to eat a higher volume of food every day while adhering to your diet.

Ingredients

MAKES 1 SANDWICH

2 slices ICON Meals protein bread or high-protein bread of choice (140 calories per slice)

20g (~2 tbsp) low-calorie jam (up to 40 calories)

18g (3 tbsp) powdered peanut butter (PB2)

15ml (1 tbsp) water

Directions

1. Toast bread slices in the toaster until they have a light brown crisp.
2. Mix powdered peanut butter in a bowl with 1 tbsp water (or more or less depending on desired thickness), and stir until an even consistency is achieved.
3. Spread powdered peanut butter mixture on the bread slices. Then add low-calorie jam. Eat as a closed sandwich or as two open face sides, whichever you prefer. Enjoy!

NUTRITION PER SERVING

CALORIES	390
FAT (G)	12
CARBS (G)	48
FIBER (G)	8
PROTEIN (G)	37

REGULAR ASS BREAD VERSION

2 slices regular ass bread of choice

CALORIES	285
FAT (G)	4
CARBS (G)	48
FIBER (G)	6
PROTEIN (G)	13

Powdered Peanut Butter & Banana on Protein Bread

VEGETARIAN	READY IN	DIFFICULTY
	3 MINUTES	*EASY*

If you grew up eating peanut butter sandwiches like most of us, you will love this modified version that will help to support your gains! With substitutions of powdered peanut butter and protein bread instead of full-fat peanut butter and normal bread, you will be able to eat a higher volume of food every day while adhering to your diet.

Ingredients

MAKES 1 SANDWICH

2 slices ICON Meals protein bread or high-protein bread of choice (140 calories per slice)

110g banana

12g (2 tbsp) powdered peanut butter

1 tbsp water

Directions

1. Toast bread slices in the toaster until it has a light brown crisp.
2. Mix powdered peanut butter in a bowl with 1 tbsp water (or more or less depending on desired thickness), and stir until an even consistency is achieved.
3. Spread the peanutty mixture on the bread slices. Then add sliced banana. Eat as a closed sandwich or as two open face sides, whichever you prefer. Enjoy!

NUTRITION PER SERVING

CALORIES	425
FAT (G)	12
CARBS (G)	61
FIBER (G)	9
PROTEIN (G)	37

REGULAR ASS BREAD VERSION

2 slices regular ass bread of choice

CALORIES	295
FAT (G)	4
CARBS (G)	61
FIBER (G)	7
PROTEIN (G)	13

Veggie Bologna Sandwich

VEGETARIAN	READY IN *10 MINUTES*	DIFFICULTY *EASY*

Ingredients

MAKES 1 SANDWICH

2 slices regular ass bread (160 calories)

4 slices veggie bologna (80 calories)

1 fat-free cheese slice or 19g shredded fat-free cheese (30 calories)

Vegetables of choice (15 calories)

Recommended to top with lettuce, tomato, & onion

Condiments of choice (30 calories)

Mustard, horseradish, sugar-free ketchup, light mayonnaise, etc.

Directions

1. Toast the bread slices in a toaster oven or toaster.
2. Lay the bread slices flat and spread mayonnaise. Optionally add additional low-calorie condiments such as mustard or horseradish according to your taste preferences.
3. Build the sandwich with the remaining ingredients. Slice in half and serve.

NOTE: THERE ARE NO RULES IN THIS KITCHEN! YOU CAN USE HIGHER FAT CHEESE OR MAYONNAISE. YOU CAN USE FAT-FREE CHEESE OR FAT-FREE MAYONNAISE. USE WHATEVER IS AVAILABLE TO YOU! JUST KNOW THAT THE CALORIES OF THESE RECIPES WILL VARY BASED ON THE INGREDIENTS YOU CHOOSE.

CLICK TO PURCHASE MEATLESS VEGGIE BOLOGNA SLICES

NUTRITION PER SERVING

CALORIES	325
FAT (G)	8
CARBS (G)	39
FIBER (G)	5
PROTEIN (G)	23

WRAPS

General Chicken / Beef / Egg Whites / Turkey Wrap Variations

For all wraps, **add 1/4 serving (up to 25 calories' worth) of veggies**. These veggies can be whatever you want, it doesn't matter! Coach Greg personally prefers some combination of cucumber, spinach, mushrooms, and onions. Remember, the more high volume, low calorie-dense the vegetables, the fuller you will feel after eating the wrap. Make it BIG so it makes you feel satiated. Don't choose avocado and full-fat peanut butter -- they're too calorically dense!

Use a big piece of ROMAINE LETTUCE as a barrier so that your wraps stay together when you load it up with ingredients.

Another tip is to add a few dashes of flavor for each wrap for extra deliciousness. ***The calories and macros in all of the wraps assume that you've added 1 tbsp of condiments (mustard, salsa, BBQ sauce, etc.), 1 tbsp soy bacon bits, and ½ tsp seasoning of choice.***

INGREDIENTS	CALORIES	FAT (G)	CARBS (G)	FIBER (G)	PROTEIN (G)
Chicken or Turkey on Joseph's Lavash Wrap 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) 100g chicken breast (cooked) (130 calories) ¼ serving veggies of choice (25 calories) 15g (1 tbsp) light dressing (30 calories) 1 slice (or 19g shredded) fat-free cheese (30 calories) 5g (2 tsp) of Omega-6 crunch shelled flax OR 7g (2 tsp) soy bacon bits (30 calories) Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc.	410	11	35	9	45
Chicken or Turkey on Joseph's Lavash Wrap (Light Version) 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) 100g chicken breast (cooked) (130 calories) ¼ serving veggies of choice (25 calories) 15g (1 tbsp) light dressing OR 1 slice (or 19g shredded) fat-free cheese (30 calories) Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc.	350	5-8	31	8	39-43
Extra-Lean Deli Meat on Joseph's Lavash Wrap 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) 90-110g (~5 slices) extra-lean deli meat of choice (ham, chicken, and turkey are the best choices) (100 calories) ¼ serving veggies of choice (25 calories) 15g (1 tbsp) light dressing (30 calories) 1 slice (or 19g shredded) fat-free cheese (30 calories) 5g (2 tsp) of Omega-6 crunch shelled flax OR 7g (2 tsp) soy bacon bits (30 calories) Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc.	380	8	31	9	39
Greg's Diet Wrap: Extra-Lean Deli Meat on Joseph's Lavash Wrap 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) 90-110g (~5 slices) extra-lean deli meat of choice (ham, chicken, and turkey are the best choices) (100 calories) ¼ serving veggies of choice (25 calories) 15g (1 tbsp) light dressing OR 1 slice (or 19g shredded) fat-free cheese (30 calories) Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc.	320	5-8	31	8	35-39

CLICK TO PURCHASE JOSEPH'S FLAX, OAT BRAN & WHOLE WHEAT LAVASH

CLICK TO PURCHASE FLATOUT LIGHT WRAPS

Ground Meat on Joseph's Lavash Wrap 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) 80g extra-lean ground beef or turkey (cooked) (120 calories) ¼ serving veggies of choice (25 calories) 15g (1 tbsp) light dressing (30 calories) 1 slice (or 19g shredded) fat-free cheese (30 calories) 5g (2 tsp) of Omega-6 crunch shelled flax OR 7g (2 tsp) soy bacon bits (30 calories) Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc.	400	13	35	9	41
Ground Meat on Joseph's Lavash Wrap (Light Version) 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) 80g extra-lean ground beef or turkey (cooked) (120 calories) ¼ serving veggies of choice (25 calories) 15g (1 tbsp) light dressing (30 calories) 1 slice (or 19g shredded) fat-free cheese (30 calories) 5g (2 tsp) of Omega-6 crunch shelled flax OR 7g (2 tsp) soy bacon bits (30 calories) Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc.	340	7-10	31	8	45
Egg Whites on Joseph's Lavash 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) 180g (¾ cup) egg whites (cooked) (90 calories) ¼ serving veggies of choice (25 calories) 15g (1 tbsp) light dressing (30 calories) 1 slice (or 19g shredded) fat-free cheese (30 calories) 5g (2 tsp) of Omega-6 crunch shelled flax OR 7g (2 tsp) soy bacon bits (30 calories) Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc.	370	9	35	9	41
Egg Whites on Joseph's Lavash (Light Version) 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) 180g (¾ cup) egg whites (cooked) (90 calories) ¼ serving veggies of choice (25 calories) 15g (1 tbsp) light dressing (30 calories) 1 slice (or 19g shredded) fat-free cheese (30 calories) 5g (2 tsp) of Omega-6 crunch shelled flax OR 7g (2 tsp) soy bacon bits (30 calories) Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc.	310	3-6	31	8	35-39
Chicken or Turkey on Flatout Light OR La Tortilla OR 90-110 Calorie Wrap of Choice Wrap of choice (90-110 calories) 65g chicken breast (cooked) (85 calories) 1/5 serving veggies of choice (20 calories) 10g (2 tsp) light dressing (20 calories) 1 slice (or 19g shredded) fat-free cheese (30 calories) Condiments of choice (15 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc.	260-280	6	21	12-15	27
Extra-Lean Deli Meat on Flatout Light OR La Tortilla OR 90-110 Calorie Wrap of Choice Wrap of choice (90-110 calories) 65g (~4 slices) deli meat (65 calories) 1/5 serving veggies of choice (20 calories) 10g (2 tsp) light dressing (20 calories) 1 slice (or 19g shredded) fat-free cheese (30 calories) Condiments of choice (15 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc.	240-260	6	21	12-15	26
Ground Meat on Flatout Light OR La Tortilla OR 90-110 Calorie Wrap of Choice Wrap of choice (90-110 calories) 60g extra-lean ground beef or turkey (cooked) (90 calories) 1/5 serving veggies of choice (20 calories) 10g (2 tsp) light dressing (20 calories) 1 slice (or 19g shredded) fat-free cheese (30 calories) Condiments of choice (15 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc.	265-285	8	21	12-15	26
Egg Whites on Flatout Light OR La Tortilla OR 90-110 Calorie Wrap of Choice Wrap of choice (90-110 calories) 120g (½ cup) egg whites (60 calories) 1/5 serving veggies of choice (20 calories) 10g (2 tsp) light dressing (20 calories) 1 slice (or 19g shredded) fat-free cheese (30 calories) Condiments of choice (15 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc.	235-255	5	21	12-15	26

Grilled Chicken Wrap with Mango Relish

DIFFICULTY	PREP TIME	READY IN
MEDIUM	*10 MINUTES*	*15 MINUTES*

Ingredients

MAKES 2 WRAPS

110g (4 oz) chicken breast, boneless and skinless (raw)

2 low-carb tortilla wraps (La Tortilla brand - 110 calories each, 220 calories total)

55g green cabbage, shredded

55g red cabbage, shredded

60g carrots, julienned/cut into thin strips

60g mango, diced

30g pineapple, diced

15g red onion, diced

1 tbsp cilantro, chopped

1 tbsp rice wine vinegar

Salt and pepper

Directions

1. In a bowl, mix together the mango, pineapple, cilantro and onion. Place in the fridge or to the side until you are ready for it.
2. In a separate bowl, mix together the red and green cabbage, carrots, rice wine vinegar, ½ tsp salt and ½ tsp pepper. Set to the side.
3. Season the chicken with salt and pepper and place on the grill. Cook over medium high heat for 3-5 minutes on each side or until the chicken is fully cooked. Remove the chicken from the grill and cut into 1-inch strips.
4. Begin to build the wraps with the grilled chicken, slaw and mango relish. Serve and enjoy!

NOTE: YOU DO NOT HAVE TO USE THE BRAND OF WRAP THAT IS IN THE INGREDIENTS HERE! YOU CAN USE WHATEVER WRAP YOU HAVE AVAILABLE TO YOU.

TOTAL NUTRITION	
CALORIES	440
FAT (G)	8
CARBS (G)	61
FIBER (G)	31
PROTEIN (G)	44

NUTRITION PER WRAP	
CALORIES	220
FAT (G)	4
CARBS (G)	30
FIBER (G)	16
PROTEIN (G)	22

White Fish with Coleslaw Tacos

DIFFICULTY	PREP TIME	READY IN
MEDIUM	*10 MINUTES*	*30 MINUTES*

Ingredients

MAKES 4 TACOS

Ingredients for the slaw salad

200g (2 cups) purple cabbage

85g (⅓ cup) 0% fat Greek yogurt

4 Mission or Mama Lupe's Tortillas (70 calories each)

15g green onion

15g red onion

100g tomato

Juice of 1 lime

1 clove of garlic

Salt and pepper to taste

Ingredients for the Fish

200g (7 oz) Haddock RAW / 150g Haddock COOKED

Salt, pepper, cumin and coriander to taste

Directions

Directions for slaw salad

1. Shred the cabbage into long thin strips and put into a large mixing bowl.
2. Cut the green onion, red onion and minced garlic, add it into the cabbage bowl and toss to mix.
3. Add in the Greek yogurt and give it a stir.
4. Pour lime juice, salt and pepper into the coleslaw mix, stir well and set aside.

Directions for Fish

5. In a bowl, mix all the desired seasonings (salt, pepper, cumin and coriander) to taste. Place the haddock in the bowl and toss until both sides are fully coated with seasoning.
6. Place fish on a skillet on medium heat, only flip when the sides are turning white, flip the fish and cook for a few more minutes.
7. Build your taco: in the center of the tortilla from one end to the other, place the slaw salad cover with pieces of the haddock and put tomato over the fish.

NOTES: FOR A BIT OF A BITE ADD SRIRACHA (1 TSP). YOU CAN ALSO ADD CILANTRO IN YOUR TACO FOR ADDED FLAVOUR.

YOU CAN SUBSTITUTE FOR ANY SMALL LOW-CALORIE WRAP. USE WHATEVER YOU HAVE AVAILABLE TO YOU!!

TOTAL NUTRITION	
CALORIES	840
FAT (G)	17
CARBS (G)	121
FIBER (G)	26
PROTEIN (G)	63

NUTRITION PER TACO	
CALORIES	420
FAT (G)	9
CARBS (G)	60
FIBER (G)	13
PROTEIN (G)	32

RICE CAKE SANDWICHES

Deli Meat Rice Cake

DIFFICULTY	PREP TIME	READY IN
EASY	3 MINUTES	5 MINUTES

Ingredients

MAKES 4 SANDWICHES (1 SERVING)

4 original or lightly salted rice cakes

8 slices (140g/5 oz) of oven-roasted turkey or chicken deli meat of choice

30g (2 tbsp) low-fat or fat-free mayonnaise (up to 70 calories)

10g (2 tsp) Sriracha

30g (2 tbsp) dijon mustard

Salt and Pepper to taste

Veggies of your choice (up to 10 calories total)

Tomato, red onion, spinach, lettuce

Directions

1. Place one slice of the roasted turkey or chicken on top of the rice cakes.
2. In a bowl, mix mayonnaise, Dijon mustard and Sriracha. Spread over the deli meat.
3. Place veggies on tops of shredded chicken
4. Top with second piece of deli meat
5. Top with two or more layers of lettuce. Serve and enjoy!

CLICK HERE TO PURCHASE RICE CAKES

NUTRITION PER SERVING

CALORIES	410
FAT (G)	7
CARBS (G)	41
FIBER (G)	1
PROTEIN (G)	35

Spicy Shredded Chicken on Rice Cakes

DIFFICULTY	PREP TIME	READY IN
EASY	20 MINUTES	30 MINUTES

Ingredients

MAKES 4 SANDWICHES (1 SERVING)

4 original or lightly salted rice cakes

100g chicken breast (measured raw) (130 calories)

30g (2 tbsp) low-fat or fat-free mayonnaise (up to 70 calories)

15g (1 tbsp) Sriracha

15g (1 tbsp) dijon mustard

Salt and Pepper to taste

Veggies of your choice (up to 10 calories total)

Tomato, red onion, spinach, lettuce

Directions

1. Boil chicken breast in a pot of water until fully cooked for about 10-15 minutes.
2. Remove chicken from the pot and transfer to a cutting board. Pat dry. Shred the chicken breast. You can do this with a fork, with a large grater, or with your hands.
3. In a bowl, mix mayonnaise, Dijon mustard and Sriracha.
4. Place the chicken in the bowl with the mayo, mustard, and sriracha, and toss well until all of the chicken is coated.
5. Arrange rice cakes on a plate. Spread chicken over the four rice cakes.
6. Place veggies on top of the shredded chicken.
7. Top with one large piece of lettuce.
8. Serve and enjoy.

CLICK HERE TO PURCHASE RICE CAKES

NUTRITION PER SERVING

CALORIES	375
FAT (G)	8
CARBS (G)	35
FIBER (G)	1
PROTEIN (G)	25

Veggie Meat Rice Cake Sandwich

VEGAN	READY IN	DIFFICULTY
	5 MINUTES	*EASY*

Ingredients

MAKES 1 SERVING

1 plain or lightly salted rice cake

2 slices of veggie meat (40 calories)

1 tbsp of Dijon mustard

Veggies of your choice (up to 10 calories total):

Lettuce, spinach, cucumber, tomato, red onion (cut thin)

Directions

1. Lay 1 slice of veggie meat on top of the rice cake.
2. Add the Dijon mustard on top of the veggie meat.
3. Top with all the veggies of your choice.
4. Lay the second slice of veggie meat and top with lettuce and eat.

NOTES: RATHER THAN USING DIJON MUSTARD USE ANY OTHER MUSTARD OR MAYONNAISE OF YOUR CHOICE! ENJOY!

CLICK HERE TO PURCHASE RICE CAKES

CLICK HERE TO PURCHASE VEGGIE MEAT

NUTRITION PER SERVING

CALORIES	90
FAT (G)	1
CARBS (G)	12
FIBER (G)	1
PROTEIN (G)	6

Smoked Salmon Rice Cake Sandwich

DIFFICULTY	PREP TIME	READY IN
EASY	*ZEERRROOOO*	*5 MINUTES*

Ingredients

MAKES 1 SERVING

1 rice cake

28g (~1 oz) smoked salmon (35-60 calories, depending on type of salmon used)

15g (1 tbsp) fat-free cream cheese (15 calories)

Pepper to taste

Veggie Options (5-10 calories total):

Spinach, tomato, capers, red onion, Romaine lettuce

Directions

1. Set the rice cake on a plate. Spread the cream cheese on the rice cake.
2. Place the smoked salmon on top of the cream cheese.
3. Add veggies of your choice. Top with lettuce and enjoy.

NOTE: THE CALORIES IN SMOKED SALMON WILL VARY DEPENDING ON THE FAT CONTENT. COACH GREG EATS SMOKED SALMON BECAUSE IT IS A SOURCE OF HEALTHY FATS. MAKE SURE TO CHECK THE LABELS. 6 OF THESE IS A WHOLE MEAL FOR COACH GREG.

CLICK HERE TO PURCHASE RICE CAKES

NUTRITION PER SERVING

CALORIES	120
FAT (G)	4
CARBS (G)	10
FIBER (G)	1
PROTEIN (G)	8

Open-Face Tuna Rice Cakes

DIFFICULTY	PREP TIME	READY IN
EASY	*ZEERRROOOO*	*5 MINUTES*

Ingredients

MAKES 2 SERVINGS

1 can of tuna

15g (1 tbsp) fat-free or low-fat mayonnaise (up to 35 calories)

1 tbsp of dijon mustard

1 tbsp pickles of your choice, cut in small pieces

20g red onion, diced

4 plain or lightly salted rice cakes

Veggies of your choice (up to 15 calories total)

Tomato, red onion, spinach, lettuce

Pepper to taste

Directions

1. Make the tuna salad. Drain the tuna and place in a bowl with the red onion, light mayonnaise, dijon mustard, diced pickles, and pepper. Mix with a fork until there is a creamy consistency.
2. Lay out the rice cakes and spread the tuna salad on top of the rice cakes.
3. Add the remaining veggies on top of the tuna salad. Top with lettuce and eat as an open-faced sandwich.

NOTE: TO MAKE IT CHEESIER THAN LAST TIME, ADD FAT-FREE CHEESE!

CLICK HERE TO PURCHASE RICE CAKES

NUTRITION PER SERVING

CALORIES	330
FAT (G)	5
CARBS (G)	35
FIBER (G)	1
PROTEIN (G)	35

Just go harder than last time. What does that mean? One more rep than last time, one more mile than last time whatever it was that you did before, just go MORE THAN LAST TIME IT'S NOT THAT COMPLICATED!!!

DINNER

PIZZA

Cauliflower Pizza

VEGETARIAN | GLUTEN-FREE

PREP TIME
10 MINUTES

READY IN
45 MINUTES

Ingredients

MAKES 4 CRUSTS

100g (~7/8 cup) self-raising flour

700g (3 cups) of cooked cauliflower rice

180g (¾ cup) egg whites

250g (1 cup) 0% fat Greek yogurt

9g (1 tbsp) guar/xanthan gum

1 tsp garlic powder

¼ tsp Kosher salt

½ tsp oregano

½ tsp basil

Directions

1. OPTIONAL: Prep cauliflower rice (either see the recipe in this book on page 124 or purchase pre-cooked cauliflower rice.)
2. Pre-heat the oven to 400°F/204°C.
3. In a bowl mix flour, guar/xanthan gum, garlic powder, salt, oregano, and basil.
4. Add in the Greek yogurt and fold together to form a ball.
5. In another bowl combine cooked cauliflower rice and egg whites. Mix well.
6. Add the cauliflower mixture to the flour mixture and mix well. You can use your hands or a hand blender.
7. Let stand at room temperature for 20 minutes.
8. Divide the mixture into six 150g portions.
9. Cover a baking sheet with parchment paper and spread the mixture into a 'circle'.
10. Bake at 400°F/204°C for 30-35 minutes or until lightly browned.
11. Remove from the oven and let cool for a few minutes.

NUTRITION PER SERVING	ENTIRE BATCH	PER CRUST
CALORIES	795	200
FAT (G)	5	1
CARBS (G)	128	32
FIBER (G)	21	5
PROTEIN (G)	56	14

2 CAULIFLOWER VEGGIE PIZZAS

2 cauliflower pizza crusts

55g (6 tbsp) pizza sauce (60 calories)

3 slices (or 57g shredded) fat-free cheese

½ serving veggies of your choice: peppers, onions, mushrooms, spinach, tomatoes (up to 50 calories)

CALORIES	595
FAT (G)	5
CARBS (G)	93
FIBER (G)	17
PROTEIN (G)	44

2 CAULIFLOWER MEAT LOVERS PIZZAS

2 cauliflower pizza crusts

55g (6 tbsp) pizza sauce (60 calories)

3 slices (or 57g shredded) fat-free cheese

Meat of your choice up to 100g: chicken, cooked minced turkey or veggie meat (up to 50 calories)

CALORIES	600
FAT (G)	6
CARBS (G)	83
FIBER (G)	13
PROTEIN (G)	52

Egg White Wrap and Cauliflower Pizza

VEGETARIAN GLUTEN-FREE

PREP TIME
10 MINUTES

READY IN
45 MINUTES

Ingredients

MAKES 4 CRUSTS

120g self-rising flour

4 Crepini wraps or equivalent egg white wrap of choice (30 calories each)

700g (3 cups) of cooked cauliflower rice

120g (½ cup) egg whites

225g (~1 cup) 0% fat Greek yogurt

9g (1 tbsp) guar/xanthan gum

1 tsp garlic powder

¼ tsp Kosher salt

½ tsp oregano

½ tsp basil

Directions

1. OPTIONAL: Prep cauliflower rice (either see the recipe in this book on page 124 or purchase pre-cooked cauliflower rice.)
2. Pre-heat oven to 400°F/204°C.
3. In a bowl mix dry ingredients (flour, guar gum/xanthan, garlic powder, salt, oregano, and basil).
4. Add in the Greek yogurt and fold together to form a ball.
5. In another bowl combine cooked cauliflower rice and egg whites. Mix well.
6. Add the cauliflower mixture to the flour mixture and mix well. You can use your hands or a hand blender.
7. Let stand at room temperature for 20 minutes.
8. Lay the Crepini wraps on parchment paper and spread the mixture over the wrap.
9. Divide the mixture into 4 equal amounts
10. Bake at 400°F/204°C for 30-35 minutes or until lightly browned.
11. Take out of the oven and let cool for a few minutes.

NUTRITION PER SERVING	ENTIRE BATCH	PER CRUST
CALORIES	955	240
FAT (G)	8	2
CARBS (G)	153	38
FIBER (G)	28	7
PROTEIN (G)	65	16

2 EGG WHITE/CAULIFLOWER VEGGIE PIZZAS

2 egg white wrap & cauliflower pizza crusts

55g (6 tbsp) pizza sauce (60 calories)

3 slices (or 57g shredded) fat-free cheese (90 calories)

½ serving veggies of your choice: peppers, onions, mushrooms, spinach, tomatoes (up to 50 calories)

CALORIES	660
FAT (G)	5
CARBS (G)	103
FIBER (G)	18
PROTEIN (G)	50

2 EGG WHITE/CAULIFLOWER MEAT LOVERS PIZZAS

2 egg white wrap & cauliflower pizza crusts

55g (6 tbsp) pizza sauce (60 calories)

3 slices (or 57g shredded) fat-free cheese (90 calories)

Meat of your choice up to 100g: chicken, cooked minced turkey or veggie meat (up to 50 calories)

CALORIES	660
FAT (G)	7
CARBS (G)	93
FIBER (G)	15
PROTEIN (G)	56

"Flatout" Pizza with Bison

DIFFICULTY	PREP TIME	READY IN
EASY	*10 MINUTES*	*20 MINUTES*

Ingredients

MAKES 2 MINI PIZZAS

2 "Flatout" Rustic White Artisan Thin Pizza Crust or 2 thin pizza crusts of choice (260 calories)

2 slices OR 38g fat-free cheese (60 calories)

100g ground bison (measured cooked)

125g (½ cup) low-fat pizza sauce (up to 50 calories)

Toppings of choice (up to 50 calories):

Peppers, onions, mushrooms, spinach

Cooking spray

Spices (to taste)

CLICK HERE TO ORDER FLATOUT RUSTIC WHITE ARTISAN THIN PIZZA CRUSTS!

CLICK HERE TO PURCHASE FAT-FREE CHEESE

Directions

1. Heat a frying pan over medium heat. Add cooking spray and sauté onions, mushrooms, and peppers until fully cooked through. Add ground bison and sauté until fully cooked.
2. Toast the pizza crusts on a baking sheet in the oven or toaster oven at 350°F (177°C) for 3 minutes. Remove from the oven and let sit for a few minutes.
3. Add all ingredients to the flatbread except for the cheese. Place in oven for another 3 minutes.
4. Place the cheese slices on the pizzas and place in the oven for 3 minutes. Remove from the oven and enjoy the melted deliciousness.

NUTRITION PER PIZZA

CALORIES	310
FAT (G)	6
CARBS (G)	38
FIBER (G)	4
PROTEIN (G)	27

"Golden Home" Protein Pizza with Beef

DIFFICULTY	PREP TIME	READY IN
EASY	*10 MINUTES*	*20 MINUTES*

Ingredients

MAKES 1 MINI PIZZA

1 "Golden Home" Ultra Thin Protein pizza crust (130 calories)

1 slice OR 19g shredded fat-free cheese (30 calories)

35g extra lean ground beef (measured cooked)

70g (¼ cup) pizza sauce (25 calories)

Toppings of choice:

peppers / onions / mushrooms / spinach

CLICK HERE TO ORDER GOLDEN HOME ULTRA THIN PIZZA CRUSTS!

CLICK HERE TO PURCHASE FAT-FREE CHEESE

Directions

1. Heat a frying pan over medium heat. Add cooking spray and sauté onions, mushrooms, and peppers until fully cooked through. Add ground bison and sauté until fully cooked.
2. Toast "Golden Home" Ultra Thin Pizza Crusts at 350°F (177°C) on a baking sheet for 3 minutes. Remove from oven and let sit for a few minutes.
3. Add all ingredients to the flatbread except for the cheese. Place in oven for another 3 minutes.
4. Place the cheese slices on the pizzas and place in the oven for 3 minutes. Remove from the oven and enjoy the melted deliciousness.

NUTRITION PER SERVING

CALORIES	275
FAT (G)	4
CARBS (G)	39
FIBER (G)	5
PROTEIN (G)	20

MAIN DISHES

Anabolic Meat Lasagna - Light

DIFFICULTY	PREP TIME	READY IN
HARDER THAN LAST TIME	*30 MINUTES*	*90 MINUTES*

Ingredients

MAKES 6 SERVINGS

2 cans (28 oz) Palmini low carb lasagna

8 slices fat-free cheese (or 152g shredded fat-free cheese) (240 calories)

500g frozen spinach, thawed and drained

250g zucchini, sliced lengthwise

455g low-fat ricotta cheese

455g 93% lean ground turkey/ chicken (measured raw)

1000g (4 cups) of flavoured pasta sauce of choice (up to 50 calories per 125g)

125g onion, diced

2 tsp minced garlic or 2 garlic cloves, minced

80ml (⅓ cup) water

Directions

1. Pre-heat the oven to 400°F (204°C).
2. Sauté garlic and onions on a pan over medium-high heat until golden brown.
3. Remove the onions and garlic and set aside in a large bowl.
4. In the same pan, cook the lean ground turkey until fully cooked. When fully cooked, remove from the pan, drain/rinse out any excess liquid, and add to the bowl of onions & garlic.
5. Add pasta sauce to the turkey mixture and mix well.
6. In a separate bowl, mix Ricotta cheese and spinach.
7. Spray a casserole dish with cooking spray and build the lasagna. Spread ¼ cup of the turkey sauce on the bottom of the casserole dish. Place lasagna noodles over the sauce. Lay zucchini on top of the noodles. Spread ½ of the ricotta cheese/spinach mix on top of the zucchini. Spread ⅓ of the turkey pasta mix over the ricotta. Repeat with another layer of lasagna noodles and zucchini. Spread the remaining pasta sauce on top, and the place fat-free cheese on top of that.
8. Cover with foil (spray with cooking spray) and place in the oven. After 30 minutes, remove the foil and bake for another 30 minutes.
9. Let cool (20 minutes) before cutting and serving.

CLICK TO PURCHASE PALMINI LOW-CARB LASAGNA

NUTRITION PER BATCH	
CALORIES	2060
FAT (G)	62
CARBS (G)	150
FIBER (G)	31
PROTEIN (G)	181

NUTRITION PER SERVING	
CALORIES	340
FAT (G)	10
CARBS (G)	25
FIBER (G)	5
PROTEIN (G)	30

Anabolic Meat Lasagna

DIFFICULTY	PREP TIME	READY IN
HARDER THAN LAST TIME	*30 MINUTES*	*90 MINUTES*

Ingredients

MAKES 6 SERVINGS

9 regular ass lasagna sheets

8 slices fat-free cheese (or 152g shredded fat-free cheese) (240 calories)

500g frozen spinach, thawed and drained

250g zucchini, sliced lengthwise

455g low-fat ricotta cheese

455g 93% lean ground turkey/ chicken (measured raw)

1000g (4 cups) of flavoured pasta sauce of choice (up to 50 calories per 125g)

125g onion, diced

2 tsp minced garlic or 2 garlic cloves, minced

80ml (⅓ cup) water

Directions

1. Pre-heat the oven to 400°F (204°C).
2. Cook the lasagna according to package instructions, and set aside.
3. Sauté garlic and onions on a pan over medium-high heat until golden brown.
4. Remove the onions and garlic and set aside in a large bowl.
5. In the same pan, cook the lean ground turkey until fully cooked. When fully cooked, remove from the pan, drain/rinse out any excess liquid, and add to the bowl of onions & garlic.
6. Add pasta sauce to the turkey mixture and mix well.
7. In a separate bowl, mix Ricotta cheese and spinach.
8. Spray a casserole dish with cooking spray and build the lasagna. Spread ¼ cup of the turkey sauce on the bottom of the casserole dish. Place lasagna noodles over the sauce. Lay zucchini on top of the noodles. Spread ½ of the ricotta cheese/spinach mix on top of the zucchini. Spread ⅓ of the turkey pasta mix over the ricotta. Repeat with another layer of lasagna noodles and zucchini. Spread the remaining pasta sauce on top, and the place fat-free cheese on top of that.
9. Cover with foil (spray with cooking spray) and place in the oven. After 30 minutes, remove the foil and bake for another 30 minutes.
10. Let cool (20 minutes) before cutting and serving.

NUTRITION PER BATCH	
CALORIES	3200
FAT (G)	74
CARBS (G)	406
FIBER (G)	39
PROTEIN (G)	209

NUTRITION PER SERVING	
CALORIES	535
FAT (G)	12
CARBS (G)	68
FIBER (G)	6
PROTEIN (G)	35

Anabolic Veggie Lasagna - Light

DIFFICULTY	PREP TIME	READY IN
HARDER THAN LAST TIME	*30 MINUTES*	*90 MINUTES*

Ingredients

MAKES 6 SERVINGS

2 cans (28 oz) Palmini low carb lasagna sheets

8 slices fat-free cheese (or 152g shredded fat-free cheese) (240 calories)

500g frozen spinach, thawed and drained

250g zucchini, sliced lengthwise

500g 0% fat cottage cheese

330g Yves Veggie Ground Round (or equivalent veggie ground beef of choice up to 330 calories)

1000g (4 cups) of flavoured pasta sauce of choice (up to 50 calories per 125g [½ cup])

125g onion, diced

2 garlic cloves, minced

80ml (⅓ cup) water

Directions

1. Pre-heat the oven to 400°F (204°C).
2. Sauté garlic and onions on a pan over medium-high heat until golden brown.
3. Remove the onions and garlic and place in a large bowl.
4. In the same pan, cook the lean ground "meat" until fully cooked. When fully cooked, remove from the pan, drain/rinse out any excess liquid, and add the the bowl with onion & garlic.
5. Add pasta sauce to the ground round mixture and mix well.
6. In a separate bowl mix the cottage cheese and spinach.
7. Spray a casserole dish with cooking spray and build the lasagna. Spread ¼ cup of the "meat" sauce on the bottom of the casserole dish. Place lasagna noodles over the sauce. Lay zucchini on top of the noodles. Spread ½ of the ricotta cheese/spinach mix on top of the zucchini. Spread ⅓ of the turkey pasta mix over the ricotta. Repeat with another layer of lasagna noodles and zucchini. Spread the remaining pasta sauce on top, and the place fat-free cheese on top of that.
8. Cover with foil (spray with cooking spray) and place in the oven. After 30 minutes, remove the foil and bake for another 30 minutes.
9. Let cool (20 minutes) before cutting and serving.

NOTE: IF YOU CANNOT PURCHASE YVES GROUND ROUND IN YOUR COUNTRY, GO FOR A SIMILAR PRODUCT LOCAL TO YOU. US CUSTOMERS MAY OPT FOR GARDEIN PRODUCTS. ALWAYS BE SURE TO RE-CALCULATE THE CALORIE INFORMATION IF YOU OPT FOR A DIFFERENT PRODUCT.

CLICK TO PURCHASE PALMINI LOW-CARB LASAGNA

CLICK TO PURCHASE VEGGIE GROUND "MEAT"

NUTRITION PER BATCH	
CALORIES	1670
FAT (G)	21
CARBS (G)	165
FIBER (G)	40
PROTEIN (G)	190

NUTRITION PER SERVING	
CALORIES	280
FAT (G)	4
CARBS (G)	27
FIBER (G)	7
PROTEIN (G)	32

Anabolic Veggie Lasagna

DIFFICULTY	PREP TIME	READY IN
HARDER THAN LAST TIME	*30 MINUTES*	*90 MINUTES*

Ingredients

MAKES 6 SERVINGS

9 regular lasagna sheets

8 slices fat-free cheese (or 152g shredded fat-free cheese) (240 calories)

500g frozen spinach, thawed and drained

250g zucchini, sliced lengthwise

500g 0% fat cottage cheese

330g Yves Veggie Ground Round (or equivalent veggie ground beef of choice up to 330 calories)

1000g (4 cups) of flavoured pasta sauce of choice (up to 50 calories per 125g [½ cup])

125g onion, diced

2 garlic cloves, minced

80ml (⅓ cup) water

Directions

1. Pre-heat the oven to 400°F (204°C).
2. Cook the lasagna according to package instructions, and set aside.
3. Sauté garlic and onions on a pan over medium-high heat until golden brown.
4. Remove the onions and garlic and place in a large bowl.
5. In the same pan, cook the lean ground "meat" until fully cooked. When fully cooked, remove from the pan, drain/rinse out any excess liquid, and add the the bowl with onion & garlic.
6. Add pasta sauce to the ground round mixture and mix well.
7. In a separate bowl mix the cottage cheese and spinach.
8. Spray a casserole dish with cooking spray and build the lasagna. Spread ¼ cup of the "meat" sauce on the bottom of the casserole dish. Place lasagna noodles over the sauce. Lay zucchini on top of the noodles. Spread ½ of the ricotta cheese/spinach mix on top of the zucchini. Spread ⅓ of the turkey pasta mix over the ricotta. Repeat with another layer of lasagna noodles and zucchini. Spread the remaining pasta sauce on top, and the place fat-free cheese on top of that.
9. Cover with foil (spray with cooking spray) and place in the oven. After 30 minutes, remove the foil and bake for another 30 minutes.
10. Let cool (20 minutes) before cutting and serving.

NUTRITION PER BATCH	
CALORIES	2800
FAT (G)	33
CARBS (G)	420
FIBER (G)	48
PROTEIN (G)	218

NUTRITION PER SERVING	
CALORIES	470
FAT (G)	6
CARBS (G)	70
FIBER (G)	8
PROTEIN (G)	36

Baked Lemon Garlic Salmon with Asparagus

DIFFICULTY	PREP TIME	READY IN
MEDIUM	*10 MINUTES*	*30 MINUTES*

Ingredients

MAKES 6 SERVINGS

1000g (35 oz) salmon filet

1000g asparagus spears

500g yellow onion, diced

1 - 2 tsp minced garlic (or 2 garlic cloves, minced)

Lemons + slices of the lemon

Spices: Kosher salt, black pepper, & garlic powder (to taste)

1 tsp fresh dill, chopped

Directions

1. Preheat the oven to 450°F/232°C.
2. In a large bowl, add the asparagus, minced garlic, onions, lemon zest, 1 tsp kosher salt and 1 tsp black pepper.
3. Spray with little cooking spray for 2 seconds and toss the veggies well.
4. Season the salmon with the other salt, pepper and garlic powder to taste. Place the salmon on a baking sheet.
5. Sprinkle the dill on top of the salmon and cover with the lemon slices to cover.
6. Arrange the asparagus spears on the same baking sheet tray around the salmon making sure they are spread out and not overlapping each other.
7. Bake the salmon and asparagus in the oven for 12 minutes or until the asparagus is soft and tender and the salmon is cooked through and flaky.
8. Transfer the salmon and asparagus to a plate and serve.

NUTRITION PER BATCH	
CALORIES	2560
FAT (G)	120
CARBS (G)	94
FIBER (G)	25
PROTEIN (G)	246

NUTRITION PER SERVING	
CALORIES	425
FAT (G)	20
CARBS (G)	16
FIBER (G)	4
PROTEIN (G)	41

Chicken Cacciatore

GLUTEN-FREE	PREP TIME	READY IN
	15 MINUTES	*30 MINUTES*

Ingredients

MAKES 4 SERVINGS

300g (11oz) chicken breast, boneless and skinless, cut in 1-inch cubes

700g tomato, diced

200g yellow onion

200g celery, diced

200g white mushrooms, sliced

4 garlic cloves, minced

500ml chicken broth

156g (1 small can ⅔ cup) tomato paste

Salt and pepper to taste

Directions

1. Spray a nonstick skillet with cooking spray and add the chicken. Sear the chicken on all sides.
2. Add the chicken broth to the skillet with all the remaining ingredients and stir well.
3. Bring the mixture to a rolling boil, then cover with a lid and reduce to a low simmer. Continue to cook on medium low heat for 20 minutes. After 20 minutes, remove the lid and raise the temperature to medium high. Cook for 5 minutes to reduce the liquid in the skillet and form a thick sauce. You want the sauce to be slightly thick but not too much. The dish is supposed to be almost like a stew.
4. Remove from the heat and transfer the chicken cacciatore to a bowl. Garnish with fresh chopped parsley, serve and enjoy!

NOTES: TO MAKE A MORE FILLING RECIPE ADD 1 LITRE OF BROTH RATHER THAN 500ML. THIS WILL INCREASE THE PORTION SIZE WITHOUT ADDING CALORIES AND HELP YOU TO FEEL MORE FULL AND KEEP "GHRELIN" FROM PUNCHING YOU IN THE FACE AND MAKING YOU WANT TO EAT.

IF YOU WANT YOUR SOUP TO BE THICKER 'THAN LAST TIME' USE LESS BROTH!

NUTRITION PER BATCH	
CALORIES	1020
FAT (G)	14
CARBS (G)	108
FIBER (G)	29
PROTEIN (G)	117

NUTRITION PER SERVING	
CALORIES	255
FAT (G)	4
CARBS (G)	27
FIBER (G)	7
PROTEIN (G)	29

Chicken Nugget Bites

DIFFICULTY	PREP TIME	READY IN
MEDIUM	*20 MINUTES*	*40 MINUTES*

Ingredients

MAKES 1 SERVING

454g (16 oz) raw chicken breast

60g (¼ cup) egg whites

1 tbsp Italian salad dressing

1 tsp paprika

¼ tsp cumin

½ tsp garlic powder

1 tsp salt

1 tsp parsley flakes

OR

Mrs. Dash (Any flavor)

Directions

1. Cut the chicken breast into small pieces and put in a bowl or in a zip-top bag.
2. Pour Italian Salad Dressing over the chicken breast, toss well, zeal and refrigerate for at least 5 hours (best to leave overnight).
3. Pour the egg whites in a separate bowl.
4. Remove the piece of chicken from the bag and dip in the egg whites, repeat this for all the chicken pieces.
5. Rub the chicken pieces with Mrs Dash Spice or the mixed spices.
6. Place in an air fryer for 10 minutes.
7. Remove from the air fryer, serve and enjoy.

NUTRITION PER SERVING

CALORIES	500
FAT (G)	12
CARBS (G)	5
FIBER (G)	1
PROTEIN (G)	92

Citrus Tilapia, Shrimp & Vegetables

DIFFICULTY	PREP TIME	READY IN
MEDIUM	*15 MINUTES*	*35 MINUTES*

Ingredients

MAKES 5 SERVINGS

850g (30oz) tilapia filet (measured raw)

425g (15oz) shrimp, peeled and POOP removed (measured raw)

550g zucchini, cut into strips

550g green cabbage, shredded

300g tomatoes, diced

550g yellow squash, cut into strips

300g carrots, cut into strips

5 garlic cloves, minced

50g yellow onion, minced

Zest and juice of 5 lemons

Salt & pepper to taste

75ml (5 tbsp) water

Directions

1. Heat a skillet over medium-high heat. Spray with cooking spray. Add all of the vegetables, and toss with salt and pepper. Once the vegetables are mostly cooked, add the shrimp and sauté until mostly cooked.
2. Pre-heat the oven to 400°F (204°C). Spray a baking sheet with cooking spray, and then lay the tilapia flat on the baking sheet.
3. Pour lemon juice and zest over the fillets.
4. Transfer the sautéed vegetables and shrimp to the top of the tilapia filets.
5. Place all in the oven for 8-12 minutes, or until the tilapia is fully cooked.
6. Remove the fish and vegetables from the oven, and plate and serve. Enjoy!

NOTES: YOU CAN USE ANY LOW-FAT WHITE FISH IF YOU DO NOT HAVE ACCESS TO TILAPIA. IN CANADA, YOU CAN MAKE THIS RECIPE WITH HADDOCK OR COD. USE WHATEVER WHITE FISH IS LOCAL TO YOUR AREA.

IT DOESN'T MATTER IF YOU DON'T HAVE TILAPIA... YOU CAN ADAPT THIS RECIPE TO YOUR REGION!! (BUT ALWAYS BE SURE TO RECALCULATE THE CALORIES & MACROS IF YOU MAKE SUBSTITUTIONS!)

NUTRITION PER BATCH	
CALORIES	1880
FAT (G)	26
CARBS (G)	148
FIBER (G)	41
PROTEIN (G)	285

NUTRITION PER SERVING	
CALORIES	380
FAT (G)	5
CARBS (G)	30
FIBER (G)	8
PROTEIN (G)	57

NuPasta Chicken Stirfry

GLUTEN-FREE	PREP TIME	READY IN
	10 MINUTES	*25 MINUTES*

Ingredients

MAKES 1 SMALL SERVING

1 package of NuPasta (35 calories)

125g (½ cup) pasta sauce (up to 60 calories)

90g chicken breast (measured cooked)

½ serving veggies (50 calories)

Spices/condiments to taste

Cooking spray

Directions

1. Cook NuPasta according to package instructions, and set aside.
2. Heat a pan over medium heat. Spray pan with cooking spray. Add veggies and chicken to pan and sauté until it is cooked through. Add spices to taste.
3. Add cooked nupasta and pasta sauce to the pan and sauté all together for a few minutes.
4. Serve and eat altogether in a bowl.

CLICK HERE TO PURCHASE NUPASTA!

CLICK HERE TO PURCHASE PASTA SAUCE!

NUTRITION PER SERVING

CALORIES	320
FAT (G)	6
CARBS (G)	33
FIBER (G)	15
PROTEIN (G)	33

"LARGE" VERSION SUBSTITUTIONS

1 package of NuPasta (35 calories)

195g (¾ cup) pasta sauce (up to 90 calories)

180g chicken breast (cooked)

1 full serving of veggies (100 calories)

CALORIES	555
FAT (G)	9
CARBS (G)	48
FIBER (G)	22
PROTEIN (G)	65

Pasta Variations: Chicken & Beef

INGREDIENTS	CALORIES	FAT (G)	CARBS (G)	FIBER (G)	PROTEIN (G)
Pedon MORE THAN Pasta with Chicken & Tomato Sauce (Small) 50g Pedon MORE THAN Pasta (up to 165 calories) 65g (¼ cup) pasta sauce (up to 30 calories) ¼ serving veggies of choice (up to 25 calories) 45g chicken breast (cooked) 1 slice (or 19g shredded) fat-free cheese	325	5	43	7	27
Pedon MORE THAN Pasta with Chicken & Tomato Sauce (Medium) 85g Pedon MORE THAN Pasta 85g (⅓ cup) pasta sauce (up to 40 calories) ½ serving veggies of choice (up to 50 calories) 70g chicken breast (cooked) 2 slices (or 38g shredded) fat-free cheese	515	7	71	12	45
Pedon MORE THAN Pasta with Chicken & Tomato Sauce (Large) 100g Pedon MORE THAN Pasta 125g (½ cup) pasta sauce (up to 60 calories) ½ serving veggies of choice (up to 50 calories) 70g chicken breast (cooked) 2 slices (or 38g shredded) fat-free cheese	585	7	83	14	48
Pedon MORE THAN Pasta with Beef & Tomato Sauce (Small) 50g Pedon MORE THAN Pasta (up to 165 calories) 65g (¼ cup) pasta sauce (up to 30 calories) ¼ serving veggies of choice (up to 25 calories) 35g extra-lean ground beef (cooked) 1 slice (or 19g shredded) fat-free cheese	320	6	43	7	24
Pedon MORE THAN Pasta with Beef & Tomato Sauce (Medium) 85g Pedon MORE THAN Pasta 85g (⅓ cup) pasta sauce (up to 40 calories) ½ serving veggies of choice (up to 50 calories) 55g extra-lean ground beef (cooked) 2 slices (or 38g shredded) fat-free cheese	510	8	71	12	39
Pedon MORE THAN Pasta with Beef & Tomato Sauce (Large) 100g Pedon MORE THAN Pasta 125g (½ cup) pasta sauce (up to 60 calories) ½ serving veggies (up to 50 calories) 55g extra-lean ground beef (cooked)	580	9	83	14	42

CLICK HERE TO PURCHASE PEDON MORE THAN PASTA!

In this house we follow the
LAW OF THERMODYNAMICS!!!

Prosciutto-Wrapped Chicken & Veggies

DIFFICULTY	PREP TIME	READY IN
HARDER THAN LAST TIME	*15 MINUTES*	*35 MINUTES*

Ingredients

MAKES 4 SERVINGS

440g (~15 oz) chicken breast, boneless and skinless (measured raw)

4 slices (56g) prosciutto or ham (120 calories)

600g spinach leaves

300g red bell pepper, diced

4 garlic cloves, minced

Salt, pepper, & Italian seasoning to taste

240 mL (1 cup) water

Directions

1. Place the red bell peppers, spinach, garlic and water in the pan and cook over medium/high heat.
2. Steam the veggies until the water has evaporated, then turn off the heat.
3. Slice chicken breast horizontally in half.
4. If the chicken is underweight add small pieces of chicken until you have the correct amount.
5. Place saran wrap over the chicken and lightly pound it out till flat with whatever is available.
6. Remove the Saran Wrap unless you're a Moron.
7. Season the chicken on both sides with a bit of salt, pepper and Italian seasoning to taste.
8. Cover the chicken with a slice of prosciutto. Then, lay the chicken with the prosciutto on the bottom and chicken on the top.
9. Lay the steamed veggies on top of the chicken.
10. Carefully fold the chicken/prosciutto over the veggies to seal everything inside.
11. Place the stuffed chicken into a casserole dish with the open side down.
12. Place the stuffed chicken in the oven at 350°F (177°C) for 16-18 minutes.
13. Put on a plate and eat slower than last time.

TOTAL NUTRITION	
CALORIES	840
FAT (G)	16
CARBS (G)	44
FIBER (G)	20
PROTEIN (G)	140

NUTRITION PER SERVING	
CALORIES	210
FAT (G)	4
CARBS (G)	11
FIBER (G)	5
PROTEIN (G)	35

Spicy Pork Chile Stew

DIFFICULTY	PREP TIME	READY IN
HARDER THAN LAST TIME	*20 MINUTES*	*45 MINUTES*

Ingredients

MAKES 4 SERVINGS

440g (16 oz) pork tenderloin, raw

80g jalapenos

500g vine tomatoes

2 tbsp minced garlic (or 8 garlic cloves, minced)

240g yellow onion, large diced

400 ml chicken stock

16g cilantro

Spices to taste: salt, black pepper, ground coriander

Directions

1. Preheat the oven to 400°F/204°C. Place the pork tenderloin on a baking tray and bake in the oven for 10-15 minutes till completely cooked through or the internal temperature of the pork is 145°F/63°C. Remove from the oven and set aside.
2. In a sauce pot, place the tomatoes, peppers, garlic and onions in the pot. Cover with water and boil over high heat for 10 minutes or until the veggies are soft and tender.
3. Remove from the heat and drain the liquid.
4. Place the cooked veggies in a blender with the salt, pepper, cilantro, coriander and chicken stock.
5. Blend until the mixture is smooth.
6. Transfer the green mixture back to a sauce pot and heat to medium heat. Continue to cook for 5 minutes then reduce to a low simmer. The soup should have reduced by this point and thickened slightly.
7. Chop the pork tenderloin up into small diced cuts and add to the green chile stew. Continue to cook at a low simmer for an additional 5 minutes. Remove from the heat and transfer to a bowl. Serve and enjoy!

TOTAL NUTRITION	
CALORIES	1010
FAT (G)	24
CARBS (G)	67
FIBER (G)	14
PROTEIN (G)	132

NUTRITION PER SERVING	
CALORIES	250
FAT (G)	6
CARBS (G)	17
FIBER (G)	4
PROTEIN (G)	33

Swedish Meatballs

DIFFICULTY	PREP TIME	READY IN
HARDER THAN LAST TIME	*20 MINUTES*	*40 MINUTES*

Ingredients

MAKES 23 SMALL BALLS (OR 23 SERVINGS)

900g (32 oz) lean ground turkey or beef, raw

160g Panko breadcrumbs

960 ml beef broth

30g (~4 tbsp) corn starch

60ml (4 tbsp) water

1-2 tsp of the following spices (to taste): salt, black pepper, garlic powder, onion powder, ground cinnamon, nutmeg

½ tsp clove (ground or whole)

NOTE: I PREFER MY BALLS SMALLER SO I'LL MAKE 23 SMALL BALLS FROM THIS BATCH. BUT YOU MIGHT LIKE BIGGER BALLS, SO MAKE FEWER BIGGER BALLS IF YOU LIKE.

Directions

1. In a large bowl, add the ground turkey, breadcrumbs, and spices. Mix together thoroughly to make sure the turkey meat gets all the seasonings.
2. Using an ice cream scoop, portion out the meatball mixture as desired. Form the balls in your hands by rolling them back and forth. Place them on a baking sheet tray that has been coated with cooking spray.
3. Preheat the oven to 400°F/204°C. Bake the meatballs in the oven for 20 minutes or until they are cooked all the way through or have an internal temperature of 165°F/74°C. Remove them from the oven and set aside to rest.
4. In a skillet, add the beef broth and heat over high heat. While the broth is heating up, mix the cornstarch and water together in a small bowl.
5. Once the beef broth is boiling, add the cornstarch/water mixture and whisk constantly until the sauce thickens slightly.
6. Reduce the heat to a low simmer and add the meatballs.
7. Once the sauce has thickened and the meatballs are covered in the gravy, transfer to a serving bowl and garnish with fresh chopped parsley. Serve with toothpicks so people can eat one at a time with them. Enjoy!

TOTAL NUTRITION	
CALORIES	2150
FAT (G)	78
CARBS (G)	168
FIBER (G)	5
PROTEIN (G)	194

NUTRITION PER SMALL BALL	
CALORIES	95
FAT (G)	3
CARBS (G)	7
FIBER (G)	0
PROTEIN (G)	8

SIDE DISHES

Cauliflower Mashed Potatoes

VEGETARIAN GLUTEN-FREE

PREP TIME
10 MINUTES

READY IN
30 MINUTES

Ingredients

MAKES 8 SERVINGS

900g (2 lbs or ~6 medium) potatoes

900g (2 lbs) cauliflower florets

230g (1 cup) fat-free sour cream

9g (3 tsp) guar/xanthan gum

8g (2 tsp) baking powder

Spices to taste

Salt

Optional garnish:

1 tbsp chives or scallions, diced

Directions

1. Boil 4 liters (or 4 quarts) of water with salt over high heat. Once water starts to boil, reduce heat to medium to bring the water to a simmer. Add the potatoes and leave in pot until fully cooked through. Drain in a colander and add to Ninja blender.
2. Separately, cook the cauliflower in a boiling pot of water. Drain in a colander and add to Ninja blender.
3. Add baking powder, spices, half of the fat-free sour cream, and guar gum to Ninja blender and pulse blend until smooth.
4. Serve with the remaining fat-free sour cream and any preferred spices and garnish.

NUTRITION PER SERVING

CALORIES	150
FAT (G)	0
CARBS (G)	33
FIBER (G)	8
PROTEIN (G)	5

"LITE" VERSION SUBSTITUTIONS

450g (1 lb) potatoes instead of 900g (2 lbs)
450g (1 lb) cauliflower florets instead of 900g (2 lbs)
6g (2 tsp) guar/xanthan gum instead of 3 tsp
8g (2 tsp) baking powder (makes it thicker)

CALORIES	90
FAT (G)	0
CARBS (G)	19
FIBER (G)	4
PROTEIN (G)	3

Cauliflower Rice

DIFFICULTY	PREP TIME	READY IN
HARDER THAN LAST TIME	*10 MINUTES*	*1 HOUR*

Ingredients

MAKES 3 CUPS

700g cauliflower

4 liters water

Directions

1. Place the water and cauliflower in a large pot over high heat on the stove. Keep the cauliflower inside the pot until it cooks through and you can stick a fork through it.
2. Remove the cauliflower from the pot and strain in a collander to dry. Let stand for about 10 minutes.
3. Place the cauliflower in a blender and blend on high until it is shredded into little pieces.
4. Once dry, wrap the cauliflower in cheesecloth and squeeze out any additional liquid.

NOTE 1: YOU CAN PURCHASE EITHER FROZEN OR FRESH CAULIFLOWER RICE FROM MANY STORES. IF YOU'RE LAZY, YOU CAN JUST USE THOSE!!!

NOTE 2: YOU CAN USE THIS INSTEAD OF RICE OR POTATOES IN ANY MEAL FOR MORE FIBER, LESS CALORIES, AND MORE PROTEIN THAN LAST TIME!

TOTAL NUTRITION

CALORIES	175
FAT (G)	1
CARBS (G)	37
FIBER (G)	18
PROTEIN (G)	14

Egg White Fries

VEGETARIAN GLUTEN-FREE

PREP TIME
10 MINUTES

READY IN
45 MINUTES

Ingredients

MAKES 1 SERVING

175g russet potato or white potato of choice

115g sweet potato

120g (½ cup) egg whites

Salt and pepper (to taste)

Optional:

Any spice(s) you desire (garlic powder, vegetable seasoning, Club House, seasoning salt)

Directions

1. Pre-heat the oven to 400°F/204°C.
2. Cut the potatoes lengthwise into strips.
3. Place in a large bowl.
4. Pour the egg whites over the cut potatoes.
5. Sprinkle with salt and pepper and any additional seasonings you desire.
6. Place parchment paper on a baking sheet. Spray with cooking spray for 1 second, and then place the potato strips on the sheet.
7. Bake at 400°F/204°C. After 20 minutes, remove from the oven and move the potatoes around. Place the baking sheet back in the oven and let cook for another 10 minutes.
8. Remove the potato strips from the oven and allow to cool. Enjoy!

NUTRITION PER SERVING

CALORIES	330
FAT (G)	1
CARBS (G)	61
FIBER (G)	8
PROTEIN (G)	20

Inside-Out Baked Potatoes

VEGETARIAN GLUTEN-FREE	PREP TIME	READY IN
	10 MINUTES	*45 MINUTES*

Ingredients

MAKES 1 SERVING

300g any white potato (1 large potato)

120g (½ cup) 0% fat Greek yogurt

45g (3 tbsp) salsa

1 slice (or 19g shredded) fat-free cheese (30 calories)

50g deli meat of choice (50 calories)

1 tbsp sliced green onion

Salt & pepper (to taste)

Directions

1. Pre-heat the oven to 350°F/177°C.
2. Slice the potatoes in half and cook in the microwave until fully cooked. You may also bake in the oven until completely cooked.
3. Scoop out the white part of the potato, and place into a separate bowl. Make sure the skin remains intact.
4. Mix inside white of potato, Greek yogurt, salsa, cheese, and deli meat until there is a smooth, even consistency.
5. Spray a baking sheet with cooking spray, and place the potato half skins on it. Spoon the potato mixture back into each of the potato skins, and place the baking sheet in the oven for 10 minutes.
6. Remove from the oven and serve. Top with green onion, cheese, & salt & pepper if desired.

NOTES: TO MAKE THIS A VEGETARIAN RECIPE, YOU CAN USE A VEGGIE DELI MEAT OR SIMPLY LEAVE THE MEAT OUT. THERE ARE NO RULES IN THIS KITCHEN!!

NUTRITION PER SERVING

CALORIES	450
FAT (G)	4
CARBS (G)	74
FIBER (G)	8
PROTEIN (G)	32

"I am not a doctor! You know that. I'm NOT no dietician!! I don't know anything! I just know how to lose weight and be in shape. What?! Oh that's something. I know something!!"

TREATS

Apple Cinnamon Protein Rice Cakes

VEGETARIAN GLUTEN-FREE

PREP TIME
10 MINUTES

READY IN
15 MINUTES

Ingredients

MAKES 1 SERVING

6 rice cakes

Sliced apples (¾ serving ~1 medium sized apple) (I use a Granny Smith apple)

33g (1 scoop) chocolate protein powder

12g (2 tbsp) powdered peanut butter (PB2)

30ml (2 tbsp) water

1 packet (or 2 tsp) sweetener

Cinnamon to taste

CLICK HERE TO PURCHASE RICE CAKES

Directions

1. Mix the chocolate protein powder and powdered peanut butter in a bowl. Slowly add water to make a liquid paste consistency. Add sweetener if you desire more sweetness like Coach Greg.
2. Spread the liquid paste over the rice cakes.
3. Wash the apple and cut into thin slices, place on top of the rice cake.
4. Sprinkle with cinnamon. Enjoy!

NUTRITION PER SERVING

CALORIES	490
FAT (G)	7
CARBS (G)	80
FIBER (G)	10
PROTEIN (G)	35

Chocolate PB Chilled Rice Cakes

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	15 MINUTES

Ingredients

MAKES 1 SERVING

3 original rice cakes

16g (½ scoop) chocolate protein powder

12g (2 tbsp) powdered peanut butter (PB2)

30ml (2 tbsp) water

OPTIONAL:

1 packet (2 tsp) sweetener

Add 30g banana, apple or strawberry

Directions

1. Mix the chocolate protein powder and peanut butter powder in a bowl. Add water slowly to make a liquid paste consistency. (You may add a packet of sweetener if you prefer a very sweet taste.)
2. Spread the liquid paste over the rice cakes.
3. Place on a plate and put in the freezer for approximately 10-15 minutes.
4. Remove from the freezer and top with fresh sliced strawberry, banana, or apple. Enjoy!

NUTRITION PER SERVING	BANANA BASED	STRAWBERRY BASED	APPLE BASED
CALORIES	275	255	265
FAT (G)	3	3	3
CARBS (G)	38	34	36
FIBER (G)	3	3	3
PROTEIN (G)	22	22	22

Chocolate PB Banana Rice Cakes

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	20 MINUTES

Ingredients

MAKES 1 SERVING

4 plain or lightly salted rice cakes

110g (1 serving) banana

12g (2 tbsp) powdered peanut butter (PB2)

16g (½ scoop) chocolate protein powder

Water (to desired thickness)

Optional:

1 packet (2 tsp) sweetener

Directions

1. Set the rice cakes on a plate.
2. Mix chocolate protein powder and powdered peanut butter in a bowl. Add water slowly to make a liquid paste consistency (add sugar twin if you desire sweetness, I like it sweet).
3. Spread the chocolate protein and powdered peanut butter mix over the rice cakes.
4. Top the rice cakes with thinly sliced banana.

NUTRITION PER SERVING

CALORIES	360
FAT (G)	3
CARBS (G)	76
FIBER (G)	3
PROTEIN (G)	23

COOKIES

Blueberry Protein Cookies

VEGETARIAN GLUTEN-FREE	PREP TIME	READY IN
	15 MINUTES	30 MINUTES

Who doesn't love blueberries? And protein? And cookies?! Need I say more? Feast your taste buds on these delicious blueberry protein cookies. With almost 20 grams of protein for 2 cookies, how could you go wrong with this tasty delight?

Ingredients

MAKES 12 COOKIES (6 SERVINGS)

180g (1½ cups) oat flour

100g (3 scoops) vanilla protein powder (390 calories, 75g protein)

250g (1 cup) 0% fat Greek yogurt

135g (¾ serving) fresh blueberries

125ml (½ cup) low calorie syrup

5g (1 tsp) vanilla extract

4g (1 tsp) baking powder

5g (1 tsp) baking soda

1 tsp salt

Directions

1. Preheat the oven to 350°F (177°C) and spray a baking sheet with cooking spray.
2. In a bowl, mix all the dry ingredients together well. In a separate bowl, mix all the wet ingredients together well. Add the wet ingredients to the dry ingredients and combine until fully mixed throughout. Fold in the blueberries and mix gently.
3. Place small spoonfuls of the batter on the baking sheet 1-2 inches (3-5cm) apart. Place in the oven and bake for 8-10 minutes or until the cookies begin to turn golden brown. Remove from the oven and allow the cookies to cool down for 10 minutes before serving.

TOTAL NUTRITION	
CALORIES	1360
FAT (G)	20
CARBS (G)	167
FIBER (G)	22
PROTEIN (G)	132

NUTRITION PER SERVING	
CALORIES	230
FAT (G)	3
CARBS (G)	28
FIBER (G)	4
PROTEIN (G)	22

Chocolate Chip Brownie Cookie

VEGETARIAN GLUTEN-FREE	PREP TIME	READY IN
	10 MINUTES	*20 MINUTES*

Ingredients

MAKES 10 SERVINGS

Whisk wet

1 large egg

48g (½ cup) powdered peanut butter (PB2)

6 packets (¼ cup) sweetener

30g (2 tbsp) unsweetened applesauce

Mix dry

50g (1½ scoops) chocolate protein powder

16g (2 tbsp) self-rising flour

20g (¼ cup) cocoa powder

5g (1 tsp) baking soda

Mix-ins

30g (2 tbsp) mini sugar-free chocolate chips

Directions

1. Preheat the oven to 350°F/177°C.
2. In a bowl, whisk together all the wet ingredients.
3. In another bowl, mix the dry ingredients together.
4. Gradually add the dry ingredients into the wet and mix thoroughly until smooth. Then add in the chocolate chips.
5. Using a spoon, drop 10 cookies onto parchment/splat mat (the cookies will spread a little).
6. Bake for 6-8 minutes. Depending on your protein, the cooking time may vary. It's best to undercook so they are fudgy.
7. Let it cool slightly and put on a cooling rack to prevent cookies from continuing to bake or dry out.

NOTES: USING UNSWEETENED 'MILK' WILL MAKE A 'RICHER' COOKIE.

NUTRITION PER BATCH	
CALORIES	800
FAT (G)	34
CARBS (G)	73
FIBER (G)	22
PROTEIN (G)	70

NUTRITION PER SERVING	
CALORIES	80
FAT (G)	3
CARBS (G)	7
FIBER (G)	2
PROTEIN (G)	7

Chocolate Cookie Explosion

VEGETARIAN	PREP TIME	READY IN
	15 MINUTES	10 MINUTES

Ingredients

MAKES 8 COOKIES (4 SERVINGS)

60g (¼ cup) egg whites

72g (¾ cup) powdered peanut butter (PB2)

4 packets (~ 2 tbsp) sweetener

30g (2 tbsp) unsweetened applesauce

50g (1½ scoops) chocolate protein powder

16g (2 tbsp) self-rising flour

20g (¼ cup) cocoa powder

5g (1 tsp) baking soda

15g mini sugar-free chocolate chips

Directions

1. Preheat the oven to 350°F (177°C) and spray a baking sheet with cooking spray.
2. In a bowl, mix all the dry ingredients together well. In a separate bowl, mix all the wet ingredients together well. Add the wet ingredients to the dry ingredients and combine until fully mixed. Fold in the mini chocolate chips and mix gently.
3. Place 8 small spoonfuls of the batter on the baking sheet 1-2" (2-5 cm) apart. Place in the oven and bake for 5-7 minutes or until the cookies begin to turn golden brown. Remove from the oven and allow the cookies to cool down for 10 minutes before serving.

CLICK TO PURCHASE ERYTHRITOL

CLICK TO PURCHASE PB2 POWDERED PEANUT BUTTER

NUTRITION PER BATCH	
CALORIES	675
FAT (G)	15
CARBS (G)	93
FIBER (G)	50
PROTEIN (G)	82

NUTRITION PER SERVING	
CALORIES	170
FAT (G)	4
CARBS (G)	23
FIBER (G)	12
PROTEIN (G)	20

Cinnamon Raisin Squares

VEGETARIAN GLUTEN-FREE

PREP TIME
15 MINUTES

READY IN
40 MINUTES

Ingredients

MAKES 12 COOKIES

180g (¾ cup) egg whites

570g (2⅓ cup) unsweetened apple sauce

24 packets (1 cup) sweetener

300g (9 scoops) cinnamon or vanilla protein powder

120g raisins

7.5g (1½ tsp) baking powder

~ 4g (¾ tsp) baking soda

12g (2 tbsp) cinnamon

~ 4g (¾ tsp) nutrition

Directions

1. Preheat the oven to 325°F (163°C).
2. Combine all wet ingredients into a bowl and whisk and set aside.
3. In a separate large bowl, combine all dry ingredients and stir, then add wet ingredients and stir until smooth consistency.
4. Spray a loaf pan with cooking spray. Pour the batter into the loaf pan and bake for 25-30 minutes or until a toothpick comes out clean.

NUTRITION PER BATCH	
CALORIES	1870
FAT (G)	20
CARBS (G)	188
FIBER (G)	11
PROTEIN (G)	250

NUTRITION PER SERVING	
CALORIES	155
FAT (G)	2
CARBS (G)	16
FIBER (G)	1
PROTEIN (G)	21

Double Chocolate Cookie Squares

VEGETARIAN GLUTEN-FREE

PREP TIME
20 MINUTES

READY IN
40 MINUTES

Ingredients

MAKES 8 SERVINGS

60g (⅝ cup) powdered peanut butter (PB2)

66g (2 scoops) chocolate protein powder

375g chickpeas (canned, rinsed)

60g (¼ cup) egg whites

30g (2 tbsp) sugar-free chocolate chips

60ml (¼ cup) low-calorie syrup

5g (1 tsp) vanilla extract

2 packets (~1 tbsp) sweetener

2g (½ tsp) baking powder

¼ tsp sea salt

Cooking spray

Directions

1. Preheat the oven to 350°F (177°C) and spray a baking sheet with cooking spray.
2. Place all ingredients (except the chocolate chips) in a blender and blend until smooth. Then, add the chocolate chips and mix with a spatula until well mixed.
3. Spray a square pan with cooking spray for 1 second. Spread the batter in the square pan.
4. Place the pan in the oven and bake for 15-17 minutes or until a toothpick comes out clean.
5. Remove from the oven and allow the cookie bake to cool down for 10 minutes.
6. Cut into 8 pieces or however many servings are desired.

NUTRITION PER BATCH	
CALORIES	1215
FAT (G)	28
CARBS (G)	135
FIBER (G)	30
PROTEIN (G)	111

NUTRITION PER SERVING	
CALORIES	150
FAT (G)	4
CARBS (G)	17
FIBER (G)	4
PROTEIN (G)	14

Pumpkin Protein Squares

VEGETARIAN GLUTEN-FREE	PREP TIME	READY IN
	10 MINUTES	40 MINUTES

Ingredients

MAKES 1 BATCH. SERVING SIZE VARIES DEPENDING ON HOW LARGE OR SMALL YOU CUT THE PIECES.

60g (⅝ cup) powdered peanut butter (PB2)

66g (2 scoops) protein powder

250g (1 cup) pure pumpkin

2.5g (½ tsp) baking powder

¼ tsp sea salt

5g (1 tsp) vanilla extract

375g chickpeas (canned, rinsed)

20g sugar-free chocolate chips

60g (¼ cup) egg whites

110g banana

125g (½ cup) 0% fat cottage cheese

60ml (¼ cup) Walden Farms sugar-free chocolate syrup

2 packets (~1 tbsp) sweetener

Cooking spray

Directions

1. Pre-heat the oven to 350°F (177°C).
2. Place all ingredients into a blender and blend on medium until smooth.
3. Spray a mixing bowl for 1 second with cooking spray. Add the mixture to the bowl and fold in the chocolate chips.
4. Spray an 8"x 8" (20 cm x 20 cm) square pan with cooking spray for 1 second. Spread the mixture with the chocolate chips in the square pan.
5. Place in the oven and bake until a toothpick comes out clean (approximately 45 minutes.)
6. Remove from the oven and let sit to cool completely and firm up.
7. Slice according to your preferred portion sizes and serve!

NOTE: THIS RECIPE EITHER MAKES 8 LARGE PIECES, 12 MEDIUM PIECES, 18 SMALL PIECES, OR 30 BITE-SIZE PIECES.

DIVIDE THE BATCH INTO PORTIONS ACCORDING TO YOUR PREFERRED SERVING SIZE AND DAILY CALORIE REQUIREMENTS.

NUTRITION PER SERVING	ENTIRE BATCH	PER LARGE PIECE	PER MEDIUM PIECE	PER SMALL PIECE	PER BITE-SIZE PIECE
CALORIES	1500	188	125	83	50
FAT (G)	29	4	3	2	1
CARBS (G)	180	22	15	10	6
FIBER (G)	39	5	3	2	1
PROTEIN (G)	128	16	11	7	4

Cottage Cookie Cakes

VEGETARIAN GLUTEN-FREE

PREP TIME
20 MINUTES

READY IN
40 MINUTES

Ingredients

MAKES 20 COOKIES

60g (⅝ cup) powdered peanut butter (PB2)

66g (2 scoops) chocolate protein powder

2g (½ tsp) baking powder

¼ tsp salt

10g (2 tsp) vanilla extract

375g chickpeas (canned, rinsed)

20g sugar-free chocolate chips

60g (¼ cup) egg whites

110g banana (1 serving)

125g (½ cup) 0% fat cottage cheese

80g (⅓ cup) Walden Farms chocolate syrup

2 packets (~1 tbsp) sweetener

Cooking spray

Directions

1. Preheat the oven to 350°F/177°C.
2. In a bowl, place the powdered peanut butter, cottage cheese combine all the ingredients. Mix well until there is a smooth consistency.
3. Fold the chocolate chips into the batter.
4. Spray a cookie sheet with cooking spray. With your hands, form 20 balls with the dough and place on a cookie sheet, leaving about 1" (~2cm) in between each dough ball.
5. Place in the oven and bake until the toothpick inserted into the middle comes out clean (approximately 15-17 minutes.)
6. Let sit to cool completely to firm up.

NUTRITION PER BATCH	
CALORIES	1400
FAT (G)	27
CARBS (G)	162
FIBER (G)	31
PROTEIN (G)	126

NUTRITION PER COOKIE	
CALORIES	70
FAT (G)	1
CARBS (G)	8
FIBER (G)	1
PROTEIN (G)	6

PB Chocolate Chip Banana Protein Cookies

VEGETARIAN | GLUTEN-FREE

PREP TIME
15 MINUTES

READY IN
40 MINUTES

Ingredients

MAKES 4-8 COOKIES

66g (2 scoops) chocolate peanut butter whey protein powder

60g (¼ cup) IMO syrup such as Vitafiber

60g (~½ cup) oat flour

24g (¼ cup) powdered peanut butter (PB2)

25g (5 tbsp) cocoa powder

80ml (⅓ cup) unsweetened almond milk

10 packets (⅜ cup) sweetener

~1g (¼ tsp) baking powder

60g (¼ cup) egg whites

30g (~¼ serving) overripe banana

60ml (¼ cup) Walden Farms chocolate syrup

15g chocolate chips (80 calories)

Cooking spray

Directions

1. Preheat the oven to 375°F (190°C).
2. Mix all dry ingredients together in a bowl.
3. In a separate bowl, combine almond milk and vitafiber, stir and then heat in the microwave for 45 seconds.
4. Add the syrup/almond milk and egg white/banana to the dry mix, and stir until it forms a consistent paste.
5. Spray the cookie sheet with cooking spray. With your hands, shape 4-8 dough balls, and place on the cookie sheet 2" (5cm) apart from each other.
6. Place the chocolate chips evenly on each cookie.
7. Place in the oven for 12 min. Remove and let cool until you are ready to serve.
8. Eat warm or cold. I like it warm better!

NOTE: THIS RECIPE EITHER MAKES 4 LARGE COOKIES, 6 MEDIUM COOKIES, OR 8 SMALL COOKIES.

DIVIDE THE BATCH INTO PORTIONS ACCORDING TO YOUR PREFERRED SERVING SIZE AND DAILY CALORIE REQUIREMENTS.

NUTRITION PER SERVING	ENTIRE BATCH	LARGE COOKIE	MEDIUM COOKIE	SMALL COOKIE
CALORIES	900	225	150	115
FAT (G)	20	5	3	3
CARBS (G)	141	35	24	18
FIBER (G)	28	16	11	8
PROTEIN (G)	76	19	13	10

PB Chocolate Chip Protein Cookies

VEGETARIAN GLUTEN-FREE

PREP TIME
15 MINUTES

READY IN
40 MINUTES

Ingredients

MAKES 4-8 COOKIES

66g (2 scoops) chocolate peanut butter whey protein powder

60g (¼ cup) IMO syrup such as Vitafiber

60g (~½ cup) oat flour

24g (¼ cup) powdered peanut butter (PB2)

25g (5 tbsp) cocoa powder

80ml (⅓ cup) unsweetened almond milk

10 packets (⅜ cup) sweetener

1g (~¼ tsp) baking powder

60g (¼ cup) egg whites

60ml (¼ cup) Walden Farms chocolate syrup

15g chocolate chips (80 calories)

Cooking spray

Directions

1. Preheat the oven to 375°F (190°C).
2. Mix all dry ingredients together in a bowl.
3. In a separate bowl, combine almond milk and vitafiber, stir and then heat in the microwave for 45 seconds.
4. Add the syrup/almond milk and egg whites to the dry mix, and stir until it forms a consistent paste.
5. Spray the cookie sheet with cooking spray. With your hands, shape 4-8 dough balls, and place on the cookie sheet 2" (5cm) apart from each other.
6. Place the chocolate chips evenly on each cookie.
7. Place in the oven for 12 min. Remove and let cool until you are ready to serve.
8. Eat warm or cold. I like it warm better!

NOTE: THIS RECIPE EITHER MAKES 4 LARGE COOKIES, 6 MEDIUM COOKIES, OR 8 SMALL COOKIES.

DIVIDE THE BATCH INTO PORTIONS ACCORDING TO YOUR PREFERRED SERVING SIZE AND DAILY CALORIE REQUIREMENTS.

NUTRITION PER SERVING	ENTIRE BATCH	LARGE COOKIE	MEDIUM COOKIE	SMALL COOKIE
CALORIES	875	219	146	109
FAT (G)	20	5	3	2
CARBS (G)	134	34	22	17
FIBER (G)	63	16	11	8
PROTEIN (G)	75	19	13	9

PROTEIN BARS

Banana Fiber One Chocolate Protein Bar

VEGETARIAN GLUTEN-FREE	PREP TIME	READY IN
	20 MINUTES	*2 HOURS*

Like banana splits but also like your shreds? Try out this delicious banana, chocolate, peanut butter medley chocolate bar. If you have a batch of these sitting in your freezer at any given time, you can reach in and grab one of these when you're thinking about the delicious flavors of banana, chocolate, and peanut butter. If you are following a vegan diet, choose a vegan protein powder with chocolate and peanut butter flavors.

Ingredients

MAKES 1 BATCH (8 LARGE, 12 MEDIUM, 18 SMALL, OR 30 BITE-SIZE PIECES)

231g (7 scoops) chocolate peanut butter whey protein powder

315g/ml (~1⅓ cup) IMO syrup such as Vitafiber syrup

220g (2 servings) overripe banana

60g Fiber One Original Bran cereal (120 calories)

Cooking spray

Directions

1. Microwave IMO syrup in a bowl until bubbles start to form (about 1 minute on high).
2. Remove bowl from microwave and add remaining ingredients. Combine all the ingredients together with a mixer or spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table). Wrap individual pieces in wax paper and return them to the freezer.
5. Chocolate bars should remain in the freezer until they are ready to be eaten. Eat within 5 minutes of removing from the freezer for best results.

CLICK TO PURCHASE VITAFIBER SYRUP

MIX WITH A SPOON IF YOU WANT A PROTEIN PUMP

NUTRITION PER SERVING	ENTIRE BATCH	LARGE PC (8)	MEDIUM PC (12)	SMALL PC (18)	BITE SIZE PC (30)
CALORIES	1800	225	150	100	60
FAT (G)	24	3	2	1	1
CARBS (G)	364	46	30	20	12
FIBER (G)	80	10	7	4	3
PROTEIN (G)	181	23	15	10	6

Caramel Protein Chocolate Bar

VEGETARIAN GLUTEN-FREE

PREP TIME
10 MINUTES

READY IN
2 HOURS

Ingredients

MAKES 1 BATCH. SERVING SIZE VARIES DEPENDING ON HOW LARGE OR SMALL YOU CUT THE PIECES.

264g (8 scoops) chocolate peanut butter protein powder

315g (1⅓ cup) IMO syrup such as Vitafiber syrup

120g (½ cup) Walden Farms Caramel/Chocolate Syrup

1 tsp caramel extract

Cooking spray

CLICK TO PURCHASE VITAFIBER SYRUP

Directions

1. Microwave IMO syrup in a bowl until bubbles start to form (about 30 seconds on high).
2. Remove bowl from microwave and add remaining ingredients. Combine all the ingredients together with a mixer or spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table). Wrap individual pieces in wax paper and return them to the freezer.
5. Chocolate protein bars should remain in the freezer until they are ready to be eaten.

NOTE: THIS RECIPE EITHER MAKES 8 LARGE PIECES, 12 MEDIUM PIECES, 18 SMALL PIECES, OR 30 BITE-SIZE PIECES.

DIVIDE THE BATCH INTO PORTIONS ACCORDING TO YOUR PREFERRED SERVING SIZE AND DAILY CALORIE REQUIREMENTS.

NUTRITION PER SERVING	ENTIRE BATCH	LARGE PC	MEDIUM PC	SMALL PC	BITE SIZE PC
CALORIES	1630	204	136	91	54
FAT (G)	26	3	2	1	1
CARBS (G)	268	34	22	15	9
FIBER (G)	47	6	4	3	2
PROTEIN (G)	200	25	17	11	7

Eva Dunbar's Coconut Power Protein Bar

VEGETARIAN | GLUTEN-FREE

PREP TIME
20 MINUTES

READY IN
2 HOURS

Ingredients

MAKES 1 BATCH. SERVING SIZE VARIES DEPENDING ON HOW LARGE OR SMALL YOU CUT THE PIECES.

264g (8 scoops) chocolate protein powder

315g (1⅓ cup) IMO syrup such as Liquid Vitafiber

30g unsweetened coconut fine flakes

20g (¼ cup) cocoa powder

110g Special K Protein Cereal

5g (1 tsp) coconut extract

½ tsp lemon rind

Cooking spray

CLICK TO PURCHASE VITAFIBER SYRUP

CHECK OUT @EVALAURABELLE_IFBBPRO ON YOUTUBE!

Directions

1. Microwave liquid Vitafiber in a bowl until bubbles start to form (about 30 seconds on high).
2. Remove bowl from microwave and add remaining ingredients. Combine all the ingredients together with a mixer or spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table). Wrap individual pieces in wax paper and return them to the freezer.
5. Coconut protein bars should remain in the freezer until they are ready to be eaten.

NOTE: THIS RECIPE EITHER MAKES 8 LARGE PIECES, 12 MEDIUM PIECES, OR 18 SMALL PIECES.

DIVIDE THE BATCH INTO PORTIONS ACCORDING TO YOUR PREFERRED SERVING SIZE AND DAILY CALORIE REQUIREMENTS.

NUTRITION PER SERVING	ENTIRE BATCH	LARGE PIECE	MEDIUM PIECE	SMALL PIECE
CALORIES	2250	280	190	125
FAT (G)	45	6	4	3
CARBS (G)	356	45	30	20
FIBER (G)	63	8	5	4
PROTEIN (G)	232	29	19	13

Holiday Chocolate Protein Bar

VEGETARIAN GLUTEN-FREE	PREP TIME	READY IN
	20 MINUTES	*2 HOURS*

Ingredients

MAKES 1 BATCH. SERVING SIZE VARIES DEPENDING ON HOW LARGE OR SMALL YOU CUT THE PIECES.

264g (8 scoops) chocolate peanut butter whey protein powder

315g (1⅓ cup) IMO syrup such as Vitafiber syrup

120ml (½ cup) Walden Farms Chocolate Syrup

20g (¼ cup) cocoa powder

45g Christmas colored chocolate chips

5g (1 tsp) caramel extract (or peppermint extract

Cooking spray

CLICK TO PURCHASE VITAFIBER SYRUP

CLICK TO ORDER WALDEN FARMS CHOCOLATE SYRUP

Directions

1. Microwave IMO syrup in a bowl until bubbles start to form (about 30 seconds on high).
2. Remove bowl from microwave and add remaining ingredients. Combine all the ingredients together with a mixer or spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table at the bottom right of this page). Wrap individual pieces in wax paper and return them to the freezer.
5. Chocolate bars should remain in the freezer until they are ready to be eaten. Eat within 5 minutes of removing from the freezer for best results.

NOTE: THIS RECIPE EITHER MAKES 8 LARGE PIECES, 12 MEDIUM PIECES, 18 SMALL PIECES, OR 30 BITE-SIZE PIECES.

DIVIDE THE BATCH INTO PORTIONS ACCORDING TO YOUR PREFERRED SERVING SIZE AND DAILY CALORIE REQUIREMENTS.

NUTRITION PER SERVING	ENTIRE BATCH	LARGE PC	MEDIUM PC	SMALL PC	BITE SIZE PC
CALORIES	1840	230	153	102	61
FAT (G)	38	5	3	2	1
CARBS (G)	298	37	25	17	10
FIBER (G)	50	6	4	3	2
PROTEIN (G)	203	25	17	11	7

Protein PB Chocolate Bar

VEGETARIAN GLUTEN-FREE	PREP TIME	READY IN
	20 MINUTES	2 HOURS

Like Reese's Peanut Butter cups but also like being shredded? Try out this fantastic take on a chocolate peanut butter snack bar. If you have a batch of these sitting in your freezer at any given time, you can reach in and grab one of these when you're thinking about grabbing a Reese's Peanut Butter cup. You get the deliciousness of Halloween candy plus the protein you need to be successful in your anabolic pursuits.

Ingredients

MAKES 1 BATCH. SERVING SIZE VARIES DEPENDING ON HOW LARGE OR SMALL YOU CUT THE PIECES.

230g (7 scoops) chocolate peanut butter cup whey protein powder

315g (1⅓ cup) IMO syrup such as Vitafiber syrup

120ml (½ cup) Walden Farms chocolate syrup

20g (4 tbsp) cocoa powder

60g (⅝ cup) peanut butter powder (PB2)

Cooking spray

CLICK TO PURCHASE VITAFIBER SYRUP

CLICK TO ORDER WALDEN FARMS CHOCOLATE SYRUP

CLICK TO PURCHASE PB2 POWDERED PEANUT BUTTER

NOTE: THIS RECIPE EITHER MAKES 8 LARGE PIECES, 12 MEDIUM PIECES, OR 18 SMALL PIECES.

DIVIDE THE BATCH INTO PORTIONS ACCORDING TO YOUR PREFERRED SERVING SIZE AND DAILY CALORIE REQUIREMENTS.

Directions

1. Microwave IMO syrup in a bowl until bubbles start to form (about 30 seconds on high).
2. Remove bowl from microwave and add remaining ingredients. Combine all the ingredients together with a mixer or spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice* (see note). Wrap individual pieces in wax paper and return them to the freezer.
5. Chocolate bars should remain in the freezer until they are ready to be eaten. Eat within 5 minutes of removing from the freezer for best results.

NUTRITION PER SERVING	ENTIRE BATCH	LARGE PIECE	MEDIUM PIECE	SMALL PIECE
CALORIES	1650	205	137	91
FAT (G)	37	5	3	2
CARBS (G)	256	32	21	14
FIBER (G)	117	15	10	7
PROTEIN (G)	139	17	12	8

SKOR Protein Bar

VEGETARIAN	PREP TIME	READY IN
	20 MINUTES	*2 HOURS*

Ingredients

MAKES 1 BATCH. SERVING SIZE VARIES DEPENDING ON HOW LARGE OR SMALL YOU CUT THE PIECES.

264g (8 scoops) chocolate peanut butter protein powder

315g (1⅓ cup) IMO syrup such as Vitafiber syrup

80ml (⅓ cup) Walden Farms Caramel or Chocolate Syrup

20g (¼ cup) cocoa powder

40g Skor chipits (toffee bits)

5g (1 tsp) caramel extract

Cooking spray

Directions

1. Microwave IMO syrup in a bowl until bubbles start to form (about 30 seconds on high).
2. Remove bowl from microwave and add remaining ingredients. Combine all the ingredients together with a mixer or spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table). Wrap individual pieces in wax paper and return them to the freezer.
5. Chocolate protein bars should remain in the freezer until they are ready to be eaten.

CLICK TO PURCHASE VITAFIBER SYRUP

CLICK TO ORDER WALDEN FARMS SYRUP

CLICK TO PURCHASE SKOR TOFFEE BITS

NOTE: THIS RECIPE EITHER MAKES 8 LARGE PIECES, 12 MEDIUM PIECES, 18 SMALL PIECES, OR 30 BITE-SIZE PIECES.

DIVIDE THE BATCH INTO PORTIONS ACCORDING TO YOUR PREFERRED SERVING SIZE AND DAILY CALORIE REQUIREMENTS.

NUTRITION PER SERVING	ENTIRE BATCH	LARGE PC	MEDIUM PC	SMALL PC	BITE SIZE PC
CALORIES	1840	230	155	100	60
FAT (G)	40	5	3	2	1
CARBS (G)	292	37	24	16	10
FIBER (G)	47	6	4	3	2
PROTEIN (G)	200	25	17	11	7

Special K Banana Crunch Chocolate Protein Bar

VEGETARIAN	PREP TIME	READY IN
	20 MINUTES	*2 HOURS*

Ingredients

MAKES 1 BATCH. SERVING SIZE VARIES DEPENDING ON HOW LARGE OR SMALL YOU CUT THE PIECES.

~230g (7 scoops) chocolate peanut butter whey protein powder

315ml (1⅓ cup) IMO syrup such as Vitafiber syrup

220g (2 servings) overripe banana

110g Special K Protein Cereal

Cooking spray

Directions

1. Microwave IMO syrup in a bowl until bubbles start to form (about 30 seconds on high).
2. Remove bowl from microwave and add remaining ingredients. Combine all the ingredients together with a mixer or spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table). Wrap individual pieces in wax paper and return them to the freezer.
5. Chocolate bars should remain in the freezer until they are ready to be eaten. Eat within 5 minutes of removing from the freezer for best results.

CLICK TO PURCHASE VITAFIBER SYRUP

CLICK TO ORDER WALDEN FARMS SYRUP

CLICK TO PURCHASE SKOR TOFFEE BITS

NOTE: THIS RECIPE EITHER MAKES 8 LARGE PIECES, 12 MEDIUM PIECES, 18 SMALL PIECES, OR 30 BITE-SIZE PIECES.

DIVIDE THE BATCH INTO PORTIONS ACCORDING TO YOUR PREFERRED SERVING SIZE AND DAILY CALORIE REQUIREMENTS.

NUTRITION PER SERVING	ENTIRE BATCH	LARGE PC	MEDIUM PC	SMALL PC	BITE SIZE PC
CALORIES	2230	279	186	124	74
FAT (G)	23	3	2	1	1
CARBS (G)	476	60	40	26	16
FIBER (G)	244	43	29	19	11
PROTEIN (G)	207	26	17	12	7

POPCORN

Double Chocolate Protein Popcorn

VEGAN GLUTEN-FREE	PREP TIME	READY IN
	10 MINUTES	20 MINUTES

Ingredients

MAKES 2 SERVINGS

2 bags SmartPop popcorn (~400 calories - because not all kernels pop)

80g (1/3 cup) IMO syrup such as Vitafiber

50g (1½ scoop) chocolate protein powder

30g (2 tbsp) Walden Farms chocolate syrup or sugar-free chocolate syrup of choice

1 packet (2 tsp) sweetener

CLICK TO PURCHASE VITAFIBER SYRUP

CLICK TO PURCHASE SMARTPOP POPCORN

Directions

1. Pop popcorn in the microwave per directions. Once popped, place the popped popcorn in a larger bowl than last time. Remove all unpopped kernals (this makes a HUGE difference)!
2. Separately, put the IMO syrup in a microwave-safe bowl, and microwave for 30 seconds.
3. Add chocolate syrup, protein powder and sweetener to the IMO syrup and stir with a spoon.
4. Pour the syrup/protein powder mixture on top of the popped SmartPop, and carefully mix with a spatula until well combined *NOTE: It can take some work to get the popcorn evenly coated. If you don't mind getting a little messy use your hands!*
5. Place and store the chocolate popcorn in the freezer. Eat half now and save the rest for later if you can!! (Although you might not be able to... these are crazy good!)

NUTRITION PER BATCH	
CALORIES	740
FAT (G)	9
CARBS (G)	140
FIBER (G)	34
PROTEIN (G)	48

NUTRITION PER SERVING	
CALORIES	370
FAT (G)	5
CARBS (G)	70
FIBER (G)	17
PROTEIN (G)	24

Extra Anabolic Protein Popcorn

VEGAN | GLUTEN-FREE

PREP TIME
10 MINUTES

READY IN
20 MINUTES

Ingredients

MAKES 2 SERVINGS

1 bag SmartPop popcorn (~200 calories - because not all kernels pop)

80g (1/3 cup) IMO syrup such as Vitafiber

50g (1½ scoop) protein powder, flavor of choice

38g (2½ tbsp) Walden Farms chocolate syrup OR 30g (2 tbsp) sugar-free maple syrup

Directions

1. Pop popcorn in the microwave per directions. Once popped, place the popped popcorn in a large bowl. Remove all unpopped kernals (this makes a HUGE difference)!
2. Separately, put the IMO syrup and the Walden Farms syrup in a microwave-safe bowl, and microwave for 30 seconds.
3. Add chocolate syrup and protein powder to the bowl of IMO syrup and stir with a spoon.
4. Pour the syrup/protein powder mixture on top of the popped SmartPop, and carefully mix with a spatula until well combined *NOTE: It can take some work to get the popcorn evenly coated. If you don't mind getting a little messy use your hands!*
5. Place and store the coated popcorn in the freezer. Eat half now and save the rest for later if you can!! (Although you might not be able to... these are crazy good!)

CLICK TO PURCHASE VITAFIBER SYRUP

CLICK TO PURCHASE SMARTPOP POPCORN

NUTRITION PER BATCH	
CALORIES	540
FAT (G)	9
CARBS (G)	110
FIBER (G)	24
PROTEIN (G)	44

NUTRITION PER SERVING	
CALORIES	270
FAT (G)	4
CARBS (G)	55
FIBER (G)	12
PROTEIN (G)	22

Protein Popcorn

VEGAN GLUTEN-FREE	PREP TIME	READY IN
	10 MINUTES	20 MINUTES

Ingredients

MAKES 2 SERVINGS

1 bag SmartPop popcorn (~200 calories - because not all kernels pop)

60g (1/4 cup) IMO syrup such as Vitafiber

33g (1 scoop) protein powder, flavor of choice

30g (2 tbsp) sugar-free maple syrup of choice

Directions

1. Pop popcorn in the microwave per directions. Once popped, place the popped popcorn in a large bowl. Remove all unpopped kernals (this makes a HUGE difference)!
2. Separately, put the IMO syrup in a microwave-safe bowl, and microwave for 30 seconds.
3. Add the sugar-free maple syrup and protein powder scoops to the bowl of liquid IMO syrup, and mix with a spoon until even throughout.
4. Pour the syrup/protein powder mixture on top of the popped SmartPop, and carefully mix with a spatula until well combined *NOTE: It can take some work to get the popcorn evenly coated. If you don't mind getting a little messy use your hands!*
5. Place and store the coated popcorn in the freezer. Eat half now and save the rest for later if you can!! (Although you might not be able to... these are crazy good!)

CLICK TO PURCHASE VITAFIBER SYRUP

CLICK TO PURCHASE SMARTPOP POPCORN

NUTRITION PER BATCH	
CALORIES	440
FAT (G)	7
CARBS (G)	93
FIBER (G)	17
PROTEIN (G)	31

NUTRITION PER SERVING	
CALORIES	220
FAT (G)	4
CARBS (G)	46
FIBER (G)	9
PROTEIN (G)	15

OTHER TREATS

Apple Poop

VEGAN	PREP TIME	READY IN
	15 MINUTES	25-50 MINUTES

Apple Goop is a Greg Doucette classic! This is a perfect recipe for anyone whose favorite season of the year is Fall—the season of apple picking, apple pie, apple cider, apple strudel, everything with apples! Apple Goop will satisfy your year-round Fall sweet tooth cravings while helping you to stick to your diet plan. It is also friendly to vegans, vegetarians, and people following a gluten-free diet.

Ingredients

MAKES 1 SERVING

45g (½ cup) rolled oats

570g (3 servings) apples

6 packets (1/4 cup) sweetener

9g (3 tsp) guar gum

1-1½ tsp cinnamon

1 liter of water

Directions

1. Chop apples into medium cubes.
2. Add apples, oats, sweetener, and cinnamon to a large microwave-safe bowl and toss with a fork.
3. Blend water and guar gum on high for 15 seconds.
4. Add blended water and guar gum mixture to the microwave-safe container, and stir all ingredients with a fork.
5. Place the bowl in the microwave and heat on high. Remove the bowl from the microwave and add water and stir as needed until apples are very soft (or as soft as you want them to be.) This may take anywhere from 10-40 minutes depending on how strong your microwave is and how mushy you want your apples to be!

CLICK TO PURCHASE GUAR GUM

NUTRITION PER SERVING

CALORIES	450
FAT (G)	3
CARBS (G)	108
FIBER (G)	22
PROTEIN (G)	6

MEGA APPLE GOOP

180g (2 cups) rolled oats

2kg apples

20 packets (13 tbsp) sweetener

21g (3 tbsp) guar gum

3 liters water

1-2 tbsp cinnamon

CALORIES	1760
FAT (G)	14
CARBS (G)	426
FIBER (G)	82
PROTEIN (G)	25

Banana Chocolate Protein Donuts

VEGETARIAN GLUTEN-FREE

PREP TIME
20 MINUTES

READY IN
40 MINUTES

Ingredients

MAKES 4 SERVINGS

220g (2 servings) banana

125g (½ cup) 0% fat Greek yogurt

180g (¾ cup) egg whites

95g (~¾ cup) flour of choice

132g (4 scoops) chocolate protein powder

5g (1 tsp) baking soda

4g (1 tsp) baking powder

5g (1 tsp) vanilla extract

Directions

1. Preheat the oven to 350°F (177°C)
2. Add the banana and yogurt in a blender and blend till smooth.
3. Add in the rest of the ingredients and blend again until everything is well mixed.
4. Spray a donut pan with cooking spray. Fill the donut pan ½ - ¾ full and bake for approximately 10 minutes.
5. Once done, let cool for approximately 1 minute, take the doughnuts out of the molds and let them cool on a wire rack.

TOTAL NUTRITION	
CALORIES	1350
FAT (G)	10
CARBS (G)	168
FIBER (G)	11
PROTEIN (G)	147

NUTRITION PER SERVING	
CALORIES	325
FAT (G)	3
CARBS (G)	42
FIBER (G)	3
PROTEIN (G)	37

Low-Calorie Brownie

VEGETARIAN GLUTEN-FREE

PREP TIME
20 MINUTES

READY IN
1 HOUR

Ingredients

MAKES 12 BROWNIES

60ml (¼ cup) low-calorie syrup

240ml (1 cup) unsweetened almond milk

5g (1 tsp) vanilla extract

12 packets (or ~½ cup) sweetener

Cooking spray

MIX DRY:

48g (½ cup) powdered peanut butter (PB2)

90g (¾ cup) all-purpose flour

5g (1 tsp) baking powder

Pinch of salt

FUDGE SAUCE:

15g (3 tbsp) cocoa powder

18g (3 tbsp) powdered peanut butter (PB2)

60ml (¼ cup) low calorie syrup

60ml (¼ cup) hot water

Directions

1. Pre-heat the oven to 350°F (177°C).
2. Place all ingredients in the blender except for the fudge sauce. Blend until there is a smooth consistency.
3. Spray a cake or brownie pan with cooking spray. Add the gooey brownie mixture to the pan, and spread evenly.
4. Place the brownie in the oven and bake at 350°F (177°C) for 25-30 minutes, or until a toothpick test comes out clean.
5. Remove the brownies from the oven, and let sit for about 10-15 minutes. Drizzle the fudge sauce on top of the brownie. Then, slice the brownie batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table at the bottom right of this page).
6. Serve and enjoy the mouth-watering chocolatey brownie!

CLICK TO ORDER WALDEN FARMS CHOCOLATE SYRUP

NUTRITION PER BATCH

CALORIES	850
FAT (G)	20
CARBS (G)	147
FIBER (G)	23
PROTEIN (G)	57

NUTRITION PER SERVING

CALORIES	70
FAT (G)	2
CARBS (G)	12
FIBER (G)	2
PROTEIN (G)	5

Peanut Butter Cupcakes

VEGETARIAN GLUTEN-FREE	PREP TIME	READY IN
	20 MINUTES	*1 HOUR*

Ingredients

MAKES 8 SERVINGS

60g (⅝ cup) powdered peanut butter (PB2)

66g (2 scoops) peanut butter protein powder

375g chickpeas (canned, rinsed)

20g sugar-free chocolate chips

60g (¼ cup) egg whites

175g (¾ cup) 0% fat Greek yogurt

15g (1 tbsp) vanilla extract

¼ tsp sea salt

2 packets (~1 tbsp) sweetener

60ml (¼ cup) Walden Farms syrup

½ tsp baking powder

Directions

1. Pre-heat the oven to 350°F (176°C).
2. Blend all ingredients except for chocolate chips until smooth
3. Add in chocolate chips and mix in by hand
4. Add the mixture into a cupcake pan or a regular baking pan.
5. Bake at 350°F (176°C) for 15-17 minutes or until you can stick a toothpick into the cupcake and the toothpick comes out clean.
6. Let sit to cool completely to firm up

NUTRITION PER BATCH	
CALORIES	1310
FAT (G)	28
CARBS (G)	140
FIBER (G)	30
PROTEIN (G)	130

NUTRITION PER SERVING	
CALORIES	165
FAT (G)	4
CARBS (G)	18
FIBER (G)	4
PROTEIN (G)	16

Protein Cinnamon Roll

VEGETARIAN	PREP TIME	READY IN
	20 MINUTES	45 MINUTES

Ingredients

MAKES 1 SERVING

DOUGH:

30g (¼ cup) self-rising flour

15g (~½ scoop) cinnamon or vanilla protein powder

60g (~¼ cup) 0% fat Greek yogurt

FILLING:

30ml (2 tbsp) low calorie syrup

2.5g (½ tsp) cinnamon

2.5g (½ tsp) sweetener

GLAZE:

16g (~½ scoop) vanilla protein powder

45ml (3 tbsp) sugar-free syrup (to taste)

Directions

1. Preheat the oven to 350°F (177°C)
2. Add all dough ingredients to a large bowl. Whisk until dough begins to form dough (it will be sticky). With your hands, roll the dough into a ball and let sit.
3. Place the dough on a floured surface and spread out into a long rectangle using wet fingers.
4. Spread the filling over the dough, then roll into a log. (May need a butter knife to help roll if sticking to the surface)
5. Place roll onto a sprayed mug and drizzle any leftover filling over it.
6. Bake for approximately 15-20 minutes, checking for doneness after 15 minutes.
7. Remove from the oven when done baking. Let sit for 2-3 minutes before eating.

NUTRITION PER SERVING

CALORIES	335
FAT (G)	2
CARBS (G)	46
FIBER (G)	1
PROTEIN (G)	35

DESSERTS

PUDDING

Anabolic Avalanche

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	20 MINUTES

Ingredients

MAKES 1 SMALL SERVING

Chocolate Cake Chunks:

16g (½ scoop) protein powder (65 calories)

5g (1 tbsp) cocoa powder

1.5g (½ tsp) guar/xanthan gum

15ml (1 tbsp) water

Shake/Ice Cream:

33g (1 scoop) vanilla protein powder (130 calories)

1.5g (½ tsp) guar/xanthan gum

½ serving frozen fruit of choice (50 cals.)

60ml (¼ cup) unsweetened almond milk

1 packet (2 tsp) sweetener

*Ice**

TOP WITH:

15ml (1 tbsp) sugar-free chocolate sauce (5 calories)

Directions

CLICK TO PURCHASE SUGAR-FREE CHOCOLATE SAUCE

1. Mix all ingredients for the Chocolate Cake Chunks in a microwave-safe bowl with a whisk until evenly mixed.
2. Microwave the batter for 60 seconds until it is cooked fully through and resembles a cake (note that microwave times may vary as they have different power - keep adding 10 seconds at a time until fully cooked through.)
3. Remove the cake from the bowl and cut into bite-sized chunks.
4. Next, place all of the ingredients for the shake/ice cream into a blender. Blend all together until the batter is very thick and smooth. You may need to scrape down the sides to ensure it blends perfectly.
5. Remove ice cream from the blender and place into a bowl. Add the lava cake chunk toppings as well as your low-calorie/sugar-free chocolate sauce to the top.
6. Eat immediately and try to not get brain freeze. Enjoy!

NOTES: THIS RECIPE CAN VARY GREATLY DEPENDING ON MANY FACTORS SUCH AS MICROWAVE STRENGTH, PERSONAL TASTE FOR SWEETNESS, TYPE OF PROTEIN POWDER USED, AND AMOUNT OF ICE USED.

MORE ICE EQUALS MORE VOLUME/FILLING BUT LESS TASTE. LESS ICE EQUALS LESS VOLUME/FILLING BUT MORE TASTE. MAKE ADJUSTMENTS FOR YOUR PERSONAL TASTE PREFERENCES!

NUTRITION PER SERVING

CALORIES	285
FAT (G)	5
CARBS (G)	20
FIBER (G)	3
PROTEIN (G)	40

MEDIUM SIZE

Cake Chunks: 25g (¾ scoop) protein powder, 7g (1½ tbsp) cocoa powder, 1.5g (½ tsp) guar gum

Ice Cream: 50g (1½ scoops) protein powder, ~2g (¾ tsp) guar gum, 1 serving fruit, 90ml (⅜ cup) unsweetened almond milk

Toppings: 15ml (1 tbsp) sugar-free chocolate syrup

CALORIES	430
FAT (G)	7
CARBS (G)	35
FIBER (G)	10
PROTEIN (G)	58

LARGE SIZE

Cake Chunks: 33g (1 scoop) protein powder, 10g (2 tbsp) cocoa powder, 1.5g (½ tsp) guar gum, 20ml (4 tsp) water

Ice Cream: 66g (2 scoops) protein powder, 3g (1 tsp) guar gum, 1½ servings fruit, 120ml (½ cup) unsweetened almond milk

Toppings: 30ml (2 tbsp) sugar-free chocolate syrup

CALORIES	620
FAT (G)	9
CARBS (G)	51
FIBER (G)	14
PROTEIN (G)	80

Chocolate Protein Ice Cream Pudding

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	*10 MINUTES*

Directions

1. Add all ingredients to a blender. Blend for 1 minute on medium-high speed until there is a smooth consistency. Note that if you use casein protein, the protein ice cream pudding will be thicker.
2. Scrape sides of the blender and ensure all ingredients are blended. You may have to pulse the blender a few times depending on the consistency you want to achieve. You can always add more ice or water to get the consistency you desire.
3. Pour the mixture out of the blender and into a bowl to consume immediately. You may drizzle with powdered peanut butter, or fresh blueberries, or Walden Farms low-calorie syrup, or popcorn, anything that makes it more interesting and delicious for you. IT DOESN'T MATTER! There are NO rules in this kitchen! Just be sure that you account for your toppings when tracking your calories.

SMALL SIZE

33g (1 scoop) protein powder of choice
80g (⅓ cup) 0% fat Greek yogurt
60ml (¼ cup) unsweetened almond milk
10g fat-free chocolate Jell-O pudding (35 calories)
10g (~1.5 tbsp) chocolate peanut butter powder (PB2)
5g (1 tbsp) cocoa powder
1.5g (½ tsp) guar/xanthan gum
1 packet (2 tsp) sweetener
Ice

CALORIES	265
FAT (G)	5
CARBS (G)	20
FIBER (G)	3
PROTEIN (G)	39

CLICK TO PURCHASE A NINJA BLENDER

MEDIUM SIZE

50g (1½ scoop) protein powder of choice
125g (½ cup) 0% fat Greek yogurt
90ml (⅜ cup) unsweetened almond milk
15g fat-free chocolate Jell-O pudding (50 calories)
15g (~2.5 tbsp) chocolate peanut butter powder (PB2)
7.5g (1½ tbsp) cocoa powder
~2g (¾ tsp) guar/xanthan gum
2 packets (4 tsp) sweetener
Ice

CALORIES	400
FAT (G)	8
CARBS (G)	30
FIBER (G)	5
PROTEIN (G)	58

CLICK TO PURCHASE GUAR GUM

GET SUGAR-FREE CHOCOLATE JELL-O PUDDING

LARGE SIZE

66g (2 scoops) protein powder of choice
175g (¾ cup) 0% fat Greek yogurt
120ml (½ cup) unsweetened almond milk
20g fat-free chocolate Jell-O pudding (70 calories)
20g (~3.5 tbsp) chocolate peanut butter powder (PB2)
10g (2 tbsp) cocoa powder
3g (1 tsp) guar/xanthan gum
3 packets (2 tbsp) sweetener
Ice

CALORIES	530
FAT (G)	10
CARBS (G)	40
FIBER (G)	7
PROTEIN (G)	77

Cottage Cheese Chocolate PB Delight

VEGETARIAN	READY IN	DIFFICULTY
	10 MINUTES	*EASY*

Ingredients

MAKES 2 SERVINGS

500g (2 cups) 0% fat cottage cheese

720ml (3 cups) unsweetened almond milk (90 calories)

33g (1 scoop) chocolate peanut butter whey protein powder

24g (1/4 cup) powdered peanut butter (PB2)

1 packet fat-free sugar-free Jell-O chocolate pudding (140 calories)

6g (2 tsp) guar/xanthan gum

15g (3 tbsp) cocoa powder

10 packets (⅜ cup) sweetener (to taste)

Directions

1. Add all ingredients to a blender. Blend for 3 minutes on medium-high speed until there is a smooth consistency. Note that the more casein protein is used, the thicker the pudding will be.
2. Remove pudding from blender and transfer to an airtight refrigerator safe container. Pudding is ready to eat.

NOTES: EXPERIMENT WITH WHEY PROTEIN FLAVORS AND FAT-FREE JELL-O PUDDING FLAVOR COMBINATIONS! WHO KNOWS, YOU MIGHT FIND YOU LIKE VANILLA PROTEIN WITH FAT-FREE SUGAR-FREE PISTACHIO JELL-O!

HAVE AT IT, HOSS!

NUTRITION PER SERVING	TOTAL NUTRITION	PER SERVING
CALORIES	820	100
FAT (G)	15	2
CARBS (G)	80	10
FIBER (G)	15	2
PROTEIN (G)	89	11

CLICK TO PURCHASE A NINJA BLENDER

GET CHOCOLATE SUGAR-FREE JELLO PUDDING MIX

GET GUAR GUM

GET PB2 POWDERED PEANUT BUTTER

Dairy Dream Protein Dessert with Cottage Cheese

VEGETARIAN	READY IN	DIFFICULTY
	10 MINUTES	*EASY*

Ingredients

MAKES 1 SMALL SERVING

125g (½ cup) 0% fat cottage cheese

125ml (½ cup) Liquid Muscle or Muscle Egg flavored egg whites (flavor of choice)

½ serving fruit (up to 50 calories)

Directions

1. Add all ingredients to a bowl, with cottage cheese at the bottom, then Liquid Muscle egg whites, then fruit.
2. Dessert is ready to eat.

NOTES: YOU CAN ALSO USE LOW CALORIE SYRUP AS A TOPPING TO REPLACE THE LIQUID MUSCLE FLAVORED EGG WHITES

I OFTEN DO THIS MYSELF WHEN I DON'T HAVE THE LIQUID MUSCLE FLAVORED EGG WHITES AVAILABLE!

YOU CAN USE REGULAR EGG WHITES AND ADD LOW-CALORIE SYRUP OR SWEETENER TO TASTE.

THERE ARE NO RULES!

CLICK HERE TO PURCHASE LIQUID MUSCLE

CLICK TO PURCHASE MUSCLE EGG

NUTRITION PER SERVING

CALORIES	195
FAT (G)	0
CARBS (G)	18
FIBER (G)	3
PROTEIN (G)	25

MEDIUM SERVING

175g (¾ cup) 0% fat cottage cheese

125ml (½ cup) Liquid Muscle or Muscle Egg flavored egg whites (flavor of choice)

¾ serving fruit (up to 75 calories)

CALORIES	250
FAT (G)	0
CARBS (G)	27
FIBER (G)	4
PROTEIN (G)	31

Fat-Free Chocolate Jell-O Protein Pudding

VEGETARIAN	PREP TIME	DIFFICULTY
	10 MINUTES	*EASY*

Ingredients

MAKES 2 SERVINGS

360ml (1½ cup) lactose-free protein milk (use the lactose free milk with the highest protein you can find! Mine has 13g of protein per cup!)

120 ml (½ cup) unsweetened almond milk

3g (1 tsp) guar/xanthan gum

33g (1 scoop) whey protein of choice

1 packet fat-free sugar-free chocolate Jell-O pudding (140 calories)

Directions

1. Add all ingredients to a blender. Blend for 3 minutes on medium-high speed until there is a smooth consistency.
2. Remove pudding from blender and transfer to an airtight refrigerator safe container. Pudding is ready to eat.

NOTES: EXPERIMENT WITH WHEY PROTEIN FLAVORS AND FAT-FREE JELL-O PUDDING FLAVOR COMBINATIONS! MAYBE YOU WILL FIND YOU LIKE CINNAMON BUN PROTEIN WITH SUGAR-FREE VANILLA JELL-O!

NUTRITION PER SERVING

CALORIES	210
FAT (G)	2
CARBS (G)	25
FIBER (G)	2
PROTEIN (G)	23

CLICK TO PURCHASE A NINJA BLENDER

GET CHOCOLATE SUGAR-FREE JELLO PUDDING MIX

Protein Mousse

VEGETARIAN | GLUTEN-FREE

PREP TIME	READY IN
10 MINUTES	*15 MINUTES*

Ingredients

MAKES 1 SERVING

375g (1½ cup) 0% fat Greek yogurt

33g (1 scoop) protein powder of choice

2 packets (4 tsp) sweetener

150g strawberries (½ serving)

15g (1 tbsp) Walden Farms chocolate syrup

TOPPINGS:

Top with berries and syrup

CLICK TO ORDER WALDEN FARMS CHOCOLATE SYRUP

Directions

1. Mix the yogurt, protein powder, Walden Farms syrup, and sweetener together in a bowl.
2. Whip with a mixer for approximately 2 min until all of the ingredients are evenly blended and the mixture is fluffy.
3. Top with berries and any additional syrup. Serve and enjoy!

NUTRITION PER SERVING

CALORIES	380
FAT (G)	3
CARBS (G)	27
FIBER (G)	3
PROTEIN (G)	60

Cottage Cheese Protein Pudding
(Chocolate)

VEGETARIAN	PREP TIME	READY IN
	5 MINUTES	10 MINUTES

Ingredients

MAKES 1 SINGLE HIGH PROTEIN MUG-CAKE.

500g (2 cups) 0% fat cottage cheese

~1L (4½ cups) unsweetened almond milk

66g (2 scoops) chocolate protein powder

1 packet fat-free sugar-free chocolate Jell-O pudding (140 calories)

13-18g (1½-2 tbsp) guar/xanthan gum

10 packets (~6 tbsp) sweetener

Directions

1. Add all ingredients to a Ninja blender. Blend for 3 minutes on medium/high speed until there is a smooth consistency
2. Remove pudding from blender and transfer to an air-tight refrigerator safe container. Pudding is ready to eat.

NOTE 1: USE CASEIN PROTEIN INSTEAD OF WHEY PROTEIN TO GET A THICKER PUDDING (THE MORE CASEIN PROTEIN YOU USE, THE THICKER THE PUDDING WILL BE!

NOTE 2: EXPERIMENT WITH DIFFERENT COMBINATIONS OF JELL-O PUDDING AND PROTEIN POWDER. VARIETY IS THE SPICE OF LIFE!

NUTRITION PER SERVING

CALORIES	190
FAT (G)	3
CARBS (G)	11
FIBER (G)	3
PROTEIN (G)	32

MEGA BATCH LISTED NEXT!

MORE CAKE THAN LAST TIME

CAKES

Chocolate Protein Lava Cake (Mega Batch)

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	*15 MINUTES*

This is the recipe for a delicious, chocolatey, gooey and moist lava cake. It's so yummy! It's like a brownie or a chocolate cake with pudding on the side.

Ingredients

MAKES 1 MEGA BATCH. SERVING SIZE VARIES DEPENDING ON HOW MANY CALORIES YOU WANT

165g (5 scoops) chocolate protein powder

40g (½ cup) cocoa powder

360g (1½ cup) egg whites

240ml (1 cup) water

12 packets (½ cup) sweetener (to taste)

6g (2 tsp) guar/xanthan gum

Cooking spray

Directions

1. Throw everything into a Ninja Blender and blend until smooth.
2. Spray 4-6 (depending on how many calories you want) microwave-safe mugs/containers with cooking spray for 1 second.
3. Pour batter into the 4-6 microwaveable mugs/containers, and microwave on high for 30 seconds (If not finished, cook for 10 seconds at a time). Do not overcook, ensure the centre is very gooey!

CLICK TO PURCHASE GUAR GUM

NOTE: THIS RECIPE EITHER MAKES 4 MEDIUM SERVINGS OR 6 SMALL SERVINGS

DIVIDE THE BATCH INTO PORTIONS ACCORDING TO YOUR PREFERRED SERVING SIZE AND DAILY CALORIE REQUIREMENTS.

NUTRITION PER SERVING	ENTIRE BATCH	MEDIUM PIECE	SMALL PIECE
CALORIES	1000	250	167
FAT (G)	9	2	1
CARBS (G)	43	11	7
FIBER (G)	20	5	3
PROTEIN (G)	167	42	28

Chocolate Pumpkin Peanut Butter Cake

VEGETARIAN | GLUTEN-FREE

PREP TIME
20 MINUTES

READY IN
1 HOUR

Ingredients

MAKES 4 SERVINGS

60g (~⅝ cup) powdered peanut butter (PB2)

66g (2 scoops) chocolate protein powder

250g (~1 cup) pumpkin purée

2g (½ tsp) baking powder

2.5g (½ tsp) baking soda

¼ tsp sea salt

5g (1 tsp) vanilla extract

80g (⅓ cup) egg whites

125g (½ cup) 0% fat cottage cheese

130g chickpeas (cooked)

15 packets (⅝ cup) sweetener (to taste)

Directions

1. Preheat the oven to 350°F (177°C).
2. In a large bowl, mix all the dry ingredients together well. In a separate bowl, mix all the wet ingredients together. Add wet and dry ingredients together, and fully mix.
3. Spray a baking dish with cooking spray. Pour the batter in the greased pan and place in the oven. Bake the cake for 30-40 minutes or until fully cooked. Use a toothpick and insert it in the middle of the cake. If it comes out clean then it is done.
4. Remove the cake from the oven and let it cool for 30 minutes before cutting and serving.

CLICK TO PURCHASE PB2 POWDERED PEANUT BUTTER

CLICK TO PURCHASE PUMPKIN PURÉE

TOTAL NUTRITION

CALORIES	920
FAT (G)	12
CARBS (G)	93
FIBER (G)	24
PROTEIN (G)	102

NUTRITION PER SERVING

CALORIES	230
FAT (G)	3
CARBS (G)	23
FIBER (G)	6
PROTEIN (G)	26

Chocolate Protein Mug Cake

VEGETARIAN	PREP TIME	READY IN
	5 MINUTES	10 MINUTES

Ingredients

MAKES 1 SINGLE HIGH PROTEIN MUG CAKE

33g (1 scoop) chocolate protein powder

5g (1 tbsp) cocoa powder

60ml/~60g (¼ cup) egg whites

3 packets (2 tbsp) sweetener (to taste)

1g (~ ¼ tsp) guar/xanthan gum

Cooking spray

Directions

1. Spray a mircowave-save mug/container with cooking spray. Add all ingredients (in any order) into the mug/container and stir with a spoon until batter is smooth
2. Place the mug/container into the microwave and cook on high for 30 seconds (If not finished, cook for 10 seconds at a time). Do not overcook, ensure the centre is still gooey!

NUTRITION PER SERVING

CALORIES	180
FAT (G)	3
CARBS (G)	7
FIBER (G)	3
PROTEIN (G)	30

FOR MORE CAKE THAN LAST TIME!

TRY THE CHOCOLATE PROTEIN LAVA CAKE (MEGA BATCH)!

Vegan Chocolate Mug Cake

VEGAN	PREP TIME	READY IN
	5 MINUTES	10 MINUTES

Ingredients

MAKES 1 SINGLE HIGH PROTEIN MUG CAKE

50g (1.5 scoop) chocolate protein powder

5g (1 tbsp) cocoa powder

30ml (2 tbsp) Walden Farms Chocolate Syrup

30ml (2 tbsp) water

2 packets (4 tsp) sweetener (to taste)

1g (~¼ tsp) guar/xanthan gum

Cooking spray

Directions

1. Spray a mircowave-save mug/container with cooking spray. Add all ingredients (in any order) into the mug/container and stir with a spoon until batter is smooth
2. Place the mug/container into the microwave and cook on high for 30 seconds (If not finished, cook for 10 seconds at a time). Do not overcook, ensure the centre is very gooey!

NUTRITION PER SERVING

CALORIES	210
FAT (G)	2
CARBS (G)	10
FIBER (G)	4
PROTEIN (G)	37

MORE DELICIOUS VEGAN OPTIONS THOUGHOUT THE COOKBOOK!

FROZEN DESSERTS

Blueberry Protein Shake

VEGAN	PREP TIME *10 MINUTES*	READY IN *10 MINUTES*

Ingredients

MAKES 1 SMALL SERVING

33g (1 scoop) protein powder of choice

45g (¼ serving) frozen blueberries

1g (¼ tsp) guar/xanthan gum

90ml (⅜ cup) unsweetened almond milk

Ice

Directions

1. Add all ingredients to a blender. Blend for 1 minute on medium-high speed until there is a smooth consistency. Note that if you use casein protein, the shake will be thicker.
2. Scrape sides of the blender and ensure all ingredients are blended. You may have to pulse the blender a few times depending on the consistency you want to achieve. You can always add more ice or almond milk to get the consistency you desire.
3. Pour the mixture out of the blender and into a mug to consume immediately. You may drizzle with powdered peanut butter, fresh blueberries, or Walden Farms low-calorie syrup.

NOTES: YOU CAN MAKE THIS RECIPE VEGAN BY USING VEGAN PROTEIN POWDER!

IF YOU WANT THIS TO BE LESS THICK, DON'T USE ANY GUAR/XANTHAN GUM

COACH GREG STYLE:

I WILL OFTEN EAT POPCORN IN A BOWL WHILE CONSUMING A PROTEIN SHAKE TO MAKE IT A COMPLETE MEAL. THIS IS ONE OF MY MOST COMMON EVENING MEALS, ESPECIALLY WHEN DIETING!

CLICK TO PURCHASE A NINJA BLENDER

CLICK TO PURCHASE GUAR GUM

NUTRITION PER SERVING

CALORIES	185
FAT (G)	3
CARBS (G)	14
FIBER (G)	4
PROTEIN (G)	26

LARGE SIZE

50g (1½ scoops) protein powder of choice

90g (½ serving) frozen blueberries

1.5g (½ tsp) guar/xanthan gum

120ml (½ cup) unsweetened almond milk

1 packet (2 tsp) sweetener

Ice

CALORIES	305
FAT (G)	5
CARBS (G)	28
FIBER (G)	7
PROTEIN (G)	39

Chocolate Blueberry PB Protein Ice Cream

VEGETARIAN	PREP TIME *10 MINUTES*	READY IN *10 MINUTES*

Ingredients

MAKES 1 MEDIUM SERVING

50g (1½ scoops) chocolate peanut butter protein powder

135g (¾ serving) frozen blueberries

12g (2 tbsp) chocolate peanut butter powder (chocolate PB2)

~2g (¾ tsp) guar/xanthan gum

90ml (⅜ cup) unsweetened almond milk

2 packet (4 tsp) sweetener

Ice

Directions

1. Add all ingredients to a blender. Blend for 1 minute on medium-high speed until there is a smooth consistency. Note that if you use casein protein, the ice cream will be thicker.
2. Scrape sides of the blender and ensure all ingredients are blended. You may have to pulse the blender a few times depending on the consistency you want to achieve. You can always add more ice or water to get the consistency you desire.
3. Pour the mixture out of the blender and into a bowl to consume immediately. You may drizzle with powdered peanut butter, or fresh blueberries, or Walden Farms low-calorie syrup, or popcorn, anything that makes it more interesting and delicious for you. IT DOESN'T MATTER! There are NO rules in this kitchen! Just be sure that you account for your toppings when tracking your calories.

NOTES:
YOU CAN MAKE THIS RECIPE VEGAN BY USING VEGAN PROTEIN POWDER!

ADD APPROX. 2 CUPS OF ICE DEPENDING ON HOW THICK AND SWEET YOU WOULD LIKE THE ICE CREAM

CLICK TO PURCHASE A NINJA BLENDER

CLICK TO PURCHASE PB2 (POWDERED PEANUT BUTTER)

CLICK TO PURCHASE GUAR GUM

NUTRITION PER SERVING

CALORIES	355
FAT (G)	7
CARBS (G)	33
FIBER (G)	9
PROTEIN (G)	44

LARGE SIZE

66g (2 scoops) chocolate peanut butter whey protein powder

180g (1 serving) frozen blueberries

175g (¾ cup) 0% fat Greek Yogurt

24g (¼ cup) chocolate peanut butter powder (chocolate PB2)

3g (1 tsp) guar/xanthan gum

120ml (½ cup) unsweetened almond milk

3 packet (2 tbsp) sweetener

Ice

CALORIES	575
FAT (G)	10
CARBS (G)	51
FIBER (G)	11
PROTEIN (G)	75

Chocolate Fudge Brownie Protein Ice Cream

ORIGINAL RECIPE BY JOSHUA KRATT AKA "THE IRON MUSKET" ON YOUTUBE

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	*15 MINUTES*

Ingredients

MAKES 1 LARGE OR 2 SMALL SERVINGS

66g (2 scoops) fudge protein powder (260 calories, 50g protein)

20g (4 tbsp) cocoa powder

50g Fiber One Brownie Bar

4g (~1¼ tsp) guar gum

2 packets sweetener (4 tsp) OR ~1 tbsp Stevia/Erythritol

¼ tsp salt

60g water

420g ice

Directions

1. Take the Fiber One Brownie bar and slice it into bite-sized chunks. Transfer the brownie chunks into a bowl and set aside.
2. Pour water, salt, guar gum, Stevia, fudge protein powder, cocoa powder, and ice into the blender. Blend for 1 minute on high. After 1 minute, make sure to scrape the sides and bottom so that all unblended ingredients are thoroughly incorporated. Blend again for 1 minute and 30 seconds on High. Consistency after blending should be a thick cream.
3. Place fudge ice cream mixture into a container. Take the brownie chunks and sprinkle on top for added flavor and crunch. Enjoy!

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CLICK TO PURCHASE A NINJA BLENDER

CLICK TO PURCHASE FIBER ONE BROWNIE BAR

NUTRITION PER LARGE SERVING	
CALORIES	460
FAT (G)	13
CARBS (G)	66
FIBER (G)	33
PROTEIN (G)	56

NUTRITION PER SMALL SERVING	
CALORIES	230
FAT (G)	6
CARBS (G)	33
FIBER (G)	16
PROTEIN (G)	29

Chocolate PB Protein Ice Cream

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	*10 MINUTES*

Directions

1. Add all ingredients to a blender. Blend for 1 minute on medium-high speed until there is a smooth consistency. Note that if you use casein protein, the ice cream will be thicker.
2. Scrape sides of the blender and ensure all ingredients are blended. You may have to pulse the blender a few times depending on the consistency you want to achieve. You can always add more ice or water to get the consistency you desire.
3. Pour the mixture out of the blender and into a bowl to consume immediately. You may drizzle with powdered peanut butter, or fresh blueberries, or Walden Farms low-calorie syrup, or popcorn, anything that makes it more interesting and delicious for you. IT DOESN'T MATTER! There are NO rules in this kitchen! Just be sure that you account for your toppings when tracking your calories.

SMALL SIZE

33g (1 scoop) protein powder of choice
10g (~2 tbsp) chocolate PB powder
5g (1 tbsp) cocoa powder
60ml (¼ cup) unsweetened almond milk
1.5g (½ tsp) guar/xanthan gum
1 packets (2 tsp) sweetener
Ice

CALORIES	190
FAT (G)	5
CARBS (G)	10
FIBER (G)	4
PROTEIN (G)	28

MEDIUM SIZE

50g (1½ scoops) protein powder of choice
15g (~3 tbsp) chocolate PB powder
7.5g (1½ tbsp) cocoa powder
90ml (⅜ cup) unsweetened almond milk
~2g (¾ tsp) guar/xanthan gum
2 packets (4 tsp) sweetener
Ice

CALORIES	280
FAT (G)	8
CARBS (G)	16
FIBER (G)	5
PROTEIN (G)	45

LARGE SIZE

66g (2 scoops) protein powder of choice
20g (~¼ cup) chocolate PB powder
10g (2 tbsp) cocoa powder
120ml (½ cup) unsweetened almond milk
3g (1 tsp) guar/xanthan gum
3 packets (2 tbsp) sweetener
Ice

CALORIES	380
FAT (G)	11
CARBS (G)	21
FIBER (G)	7
PROTEIN (G)	61

NOTE: YOU CAN MAKE THIS RECIPE VEGAN BY USING VEGAN PROTEIN POWDER!

CLICK TO PURCHASE A NINJA BLENDER

CLICK TO PURCHASE GUAR GUM

CLICK TO PURCHASE CHOCOLATE PB2 POWDER

Chunky Monkey Protein Ice Cream

ORIGINAL RECIPE BY JOSHUA KRATT AKA "THE IRON MUSKET" ON YOUTUBE

VEGETARIAN	PREP TIME	READY IN
	5 MINUTES	*15 MINUTES*

Ingredients

MAKES 2 SERVINGS

33g (1 scoop) chocolate peanut butter protein powder (130 calories, 25g protein)

42g sugar-free Jello banana pudding mix

20g sugar-free chocolate chips

8g walnuts

14g banana chips

5g (~1½ tsp) guar gum

2 packets sweetener (4 tsp) OR ~1 tbsp Stevia/Erythritol

2g salt

400g ice

80g water

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Directions

1. In a Ziploc bag, crush the walnuts into tiny pieces. Set aside.
2. Place sugar-free chocolate chips into a small bowl. Microwave for 1 minute on high. You may stir with a spoon to thoroughly melt the chocolate. Set aside.
3. Next, place a piece of parchment paper on top of a plate.
4. Coat the banana chips with the melted chocolate using a spoon or spatula. (Note that you must act fast while the chocolate is still melted or it will not stick to the banana chips.) Place the chocolate glazed banana chips on the plate covered with parchment paper.
5. Sprinkle the crushed walnuts on top of the chips and place inside the refrigerator to cool.
6. Pour water, salt, guar gum, stevia, chocolate peanut butter protein, banana pudding mix, and ice in a blender. Blend for 1 minute on high. After 1 minute, make sure to scrape the sides and bottom so that all unblended ingredients are thoroughly incorporated. Blend again for 1 minute on high. Consistency after blending should be a thick cream.
7. Pour the banana ice cream mixture in a container and spread thoroughly. Get the chocolate glazed banana chips from the fridge and add them on top of the banana ice cream mixture. Add the remaining crushed walnuts and chocolate chips for that extra crunch. Enjoy!

NUTRITION PER SERVING

CALORIES	515
FAT (G)	18
CARBS (G)	71
FIBER (G)	20
PROTEIN (G)	28

CLICK TO PURCHASE A NINJA BLENDER

GET BANANA SUGAR-FREE JELLO PUDDING MIX

Coffee Toffee Bar Crunch Protein Ice Cream

ORIGINAL RECIPE BY JOSHUA KRATT AKA "THE IRON MUSKET" ON YOUTUBE

VEGETARIAN	PREP TIME	READY IN
	5 MINUTES	*10 MINUTES*

Ingredients

MAKES 1 LARGE OR 2 SMALL SERVINGS

66g (2 scoops) vanilla whey protein (260 calories, 50 protein)

35g Hershey's Health Shell Topping

15g Heath Toffee Bits (Bits O Brickle)

4g (~1¼ tsp) guar gum

10g (2 tbsp) cocoa powder

70g Walden Farms Walnut Syrup

1 packets sweetener (2 tsp) OR ~½ tbsp Stevia/Erythritol

2.5g medium instant coffee

420g ice

1½ g salt

Directions

1. In a blender, mix Walden Farms walnut syrup, salt, guar gum, stevia, vanilla whey protein powder, cocoa powder, medium instant coffee, and ice. Blend for 1 minute on High. After 1 minute, make sure to scrape the sides and bottom so that all unblended ingredients are thoroughly incorporated. Blend again for 1 minute on High. Consistency after blending should be a thick cream. Set aside.
2. Grab a container of your choice and glaze the insides and the bottom of the container with some of the Health Shell Topping syrup. Next, pour in your coffee ice cream mixture into the container and spread thoroughly.
3. Glaze over or mix in the rest of the Heath Shell Topping Syrup on top of the ice cream. Lastly, sprinkle the Heath Toffee Bits on top for added crunch. Enjoy!

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CLICK TO PURCHASE WALDEN FARMS MAPLE WALNUT SYRUP

CLICK TO PURCHASE HERSHEY'S HEALTH SHELL TOPPING

CLICK TO PURCHASE NINJA BLENDER

NUTRITION PER SERVING	LARGE SERVING	SMALL SERVING
CALORIES	580	290
FAT (G)	27	14
CARBS (G)	40	20
FIBER (G)	7	3
PROTEIN (G)	53	27

Netflix & Chill'd Protein Ice Cream

ORIGINAL RECIPE BY JOSHUA KRATT AKA "THE IRON MUSKET" ON YOUTUBE

VEGETARIAN	PREP TIME	READY IN
	5 MINUTES	10 MINUTES

Ingredients

MAKES 1 LARGE SERVING OR 2 SMALL SERVINGS

ICE CREAM:

50g (1½) scoops peanut butter protein powder (225 calories, 33g protein)

45g powdered peanut butter (PB2)

7g Snyder's Itty Bitty Mini pretzels

3g (1 tsp) guar gum

1 packet sweetener (2 tsp) OR ~½ tbsp Stevia/Erythritol

405g ice

115g water

½ tsp salt

CHOCOLATE FUDGE:

17g (½ scoop) chocolate protein powder (75 calories)

12g Hershey's sugar-free syrup

5g (1 tbsp) cocoa powder

1g (¼ tsp) guar gum

½ packet sweetener OR 1 tsp Stevia/ Erythritol

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Directions

1. To make the Chocolate Fudge, mix the sugar free syrup, chocolate protein powder, stevia, cocoa powder, and guar gum in a bowl. When all ingredients are thoroughly mixed, place the bowl in the freezer for 1 hour.
2. Next, make the peanut butter cream. Place the pretzels in a plastic bag, crush them thoroughly, and set aside. Then, in a bowl, mix the crushed pretzels with the remaining dry ingredients (salt, stevia, guar gum, powdered peanut butter, and peanut butter protein powder)
3. Add the water, ice and peanut butter ice cream mixture to a blender. Blend on high for 1 minute. After 1 minute, scrape down the sides/edges if needed. Blend again for 1 minute and 30 seconds on High. After blending, the consistency should be a thick cream.
4. Scoop out the peanut butter ice cream mixture into a container of your choice and place it inside the freezer for 10 minutes. After 10 minutes, take your peanut butter ice cream mixture out of the freezer along with the chocolate fudge.
5. Cut your Chocolate Fudge into small pieces and (optionally) dip them into more crushed pretzels for that extra crunch. Garnish the chocolate fudge chunks on top of your peanut butter ice cream. Optionally, you may add whole pretzels as desired and Walden Farms Calorie Free Syrup for extra taste. Enjoy!

NUTRITION PER SERVING	LARGE SERVING	SMALL SERVING
CALORIES	480	240
FAT (G)	10	5
CARBS (G)	34	17
FIBER (G)	8	3
PROTEIN (G)	60	30

Pumpkin Cheesecake Protein Ice Cream

ORIGINAL RECIPE BY JOSHUA KRATT AKA "THE IRON MUSKET" ON YOUTUBE

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	*15 MINUTES*

Ingredients

MAKES 2 SERVINGS

66g (2 scoops) vanilla protein powder (260 calories, 50g protein)

24g Jello Sugar-Free Cheesecake Pudding Powder (75 calories)

12g graham crackers

15g pumpkin spice pretzels

150g raw or canned pumpkin (not Pumpkin Pie Filling)

3g (1 tsp) guar gum

1g baking powder

3 packets sweetener (2 tbsp) OR ~1½ tbsp Stevia/Erythritol

1g pumpkin pie spice

1g salt

100g water

420g ice

Directions

1. Mix the pure pumpkin, ½ scoop vanilla whey powder, baking powder, 8g Stevia, ½g pumpkin pie spice, a tiny pinch of salt thoroughly in a container. Microwave the mixture for 1 to 2 minutes or until you get an almost dry and crumbly consistency. Place the pumpkin crust in the fridge to cool.
2. Next, place the graham crackers in a ziplock bag and crush them. Set aside.
3. In a blender, pour the water, ice ½g pumpkin pie spice powder, salt, guar gum, 16g Stevia, 1½ scoops vanilla protein powder, and sugar-free cheesecake pudding mix. Blend for 1 minute on high. After 1 minute, scrape down the edges so that the protein powder doesn't stick to the sides of the blender, and incorporate thoroughly with the whole mixture. Blend again for 1 minute on high. After blending, the consistency should be a thick cream.
4. Get your Pumpkin Crust from the fridge. Pour Vanilla Pumpkin Ice Cream mixture on top of the Pumpkin Crust and spread it well.
5. Sprinkle crushed Graham Crackers on top and whole pretzels to garnish. Enjoy!

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NUTRITION PER SERVING

CALORIES	260
FAT (G)	4
CARBS (G)	29
FIBER (G)	3
PROTEIN (G)	27

CLICK TO PURCHASE SUGAR-FREE JELLO CHEESECAKE PUDDING POWDER

CLICK TO PURCHASE LIBBY'S 100% PURE PUMPKIN

CLICK TO PURCHASE GUAR GUM

Strawberry Protein Ice Cream

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	10 MINUTES

Directions

1. Add all ingredients to a blender. Blend for 1 minute on medium-high speed until there is a smooth consistency. Note that if you use casein protein, the ice cream will be thicker.
2. Scrape sides of the blender and ensure all ingredients are blended. You may have to pulse the blender a few times depending on the consistency you want to achieve. You can always add more ice or water to get the consistency you desire.
3. Pour the mixture out of the blender and into a bowl to consume immediately. You may drizzle with powdered peanut butter, or fresh blueberries, or Walden Farms low-calorie syrup, or popcorn, anything that makes it more interesting and delicious for you.

SMALL SIZE

33g (1 scoop) strawberry or protein powder of choice
150g frozen strawberries (½ serving)
80g (⅓ cup) 0% fat Greek yogurt
1.5g (½ tsp) guar/xanthan gum
60ml (¼ cup) unsweetened almond milk
1 packet (2 tsp) sweetener
Ice

CALORIES	230
FAT (G)	5
CARBS (G)	18
FIBER (G)	7
PROTEIN (G)	27

MEDIUM SIZE

50g (1 ½ scoops) strawberry or protein powder of choice
225g frozen strawberries (¾ serving)
125g (½ cup) 0% fat Greek yogurt
~2g (¾ tsp) guar/xanthan gum
90ml (⅜ cup) unsweetened almond milk
2 packets (4 tsp) sweetener
Ice

CALORIES	350
FAT (G)	6
CARBS (G)	28
FIBER (G)	9
PROTEIN (G)	47

LARGE SIZE

66g (2 scoops) strawberry or protein powder of choice
300g frozen strawberries (1 serving)
175g (¾ cup) 0% fat Greek yogurt
3g (1 tsp) guar/xanthan gum
120ml (½ cup) unsweetened almond milk
3 packets (2 tbsp) sweetener
Ice

CALORIES	460
FAT (G)	8
CARBS (G)	46
FIBER (G)	12
PROTEIN (G)	71

NOTE: YOU CAN MAKE THIS RECIPE VEGAN BY USING VEGAN PROTEIN POWDER!

CLICK TO PURCHASE A NINJA BLENDER

CLICK TO PURCHASE GUAR GUM

Vanilla PB Protein Ice Cream

VEGETARIAN	PREP TIME *10 MINUTES*	READY IN *10 MINUTES*

Ingredients

MAKES 1 MEDIUM SERVING

50g (1½ scoops) protein powder of choice

12g (2 tbsp) powdered peanut butter (PB2)

125g (½ cup) 0% fat Greek yogurt

90ml (⅜ cup) unsweetened almond milk

15g serving fat-free vanilla Jell-o pudding (50 calories)

~2g (¾ tsp) guar/xanthan gum

2 packets (4 tsp) sweetener

2 cups ice

Directions

1. Add all ingredients to a blender. Blend for 1 minute on medium-high speed until there is a smooth consistency. Note that if you use casein protein, the ice cream will be thicker.
2. Scrape sides of the blender and ensure all ingredients are blended. You may have to pulse the blender a few times depending on the consistency you want to achieve. You can always add more ice or water to get the consistency you desire.
3. Pour the mixture out of the blender and into a bowl to consume immediately. You may drizzle with powdered peanut butter, or fresh blueberries, or Walden Farms low-calorie syrup, or popcorn, anything that makes it more interesting and delicious for you. IT DOESN'T MATTER! There are NO rules in this kitchen! Just be sure that you account for your toppings when tracking your calories.

CLICK TO PURCHASE A NINJA BLENDER

CLICK TO PURCHASE PB2 (POWDERED PEANUT BUTTER)

CLICK TO PURCHASE GUAR GUM

CLICK TO PURCHASE SUGAR-FREE VANILLA PUDDING JELL-O

NUTRITION PER SERVING

CALORIES	345
FAT (G)	6
CARBS (G)	24
FIBER (G)	7
PROTEIN (G)	47

LARGE SIZE

33g (1 scoop) whey protein of choice
33g (1 scoop) casein protein of choice
175g (¾ cup) 0% fat Greek yogurt
120ml (½ cup) unsweetened almond milk
20g fat-free vanilla Jell-o pudding (70 calories)
3g (1 tsp) guar/xanthan gum
3 packets (2 tbsp) sweetener
3 cups ice

CALORIES	430
FAT (G)	6
CARBS (G)	39
FIBER (G)	6
PROTEIN (G)	54

Chocolate Strawberry Almond Proteinsicles

VEGETARIAN	PREP TIME	READY IN
	20 MINUTES	*2.5 HOURS*

Chocolate Strawberry Almond Proteinsicles are a delicious frozen, fruity, and chocolatey treat. They are EXTREMELY anabolic due to the high protein content relative to everything else (62% of the calories come from PROTEIN)! Coach Greg's entire freezer is stuffed with these because they are delicious, anabolic, and amazing!

Ingredients

MAKES 1 BATCH (APPROX. 4 MEDIUM SERVINGS)

240ml (1 cup) unsweetened almond milk

116g (3½) scoops chocolate peanut butter whey protein powder

300g frozen strawberries (1 serving)

3g (1 tsp) guar/xanthan gum

1 package fat-free Jell-O chocolate pudding (140 calories)

125g (½ cup) 0% fat Greek yogurt

5 packets (~3 tbsp) sweetener (to taste)

Directions

1. Add all ingredients to a blender. Pulse blend on medium-high speed until there is a smooth consistency. You will likely need to take a spoon and push the ingredients down a few times. Note that the more casein protein is used, the thicker the pudding will be.
2. Remove pudding from blender and transfer across 4 popsicle trays. Transfer to a freezer.
3. Wait a few hours, and pop out the proteinsicles from the tray when you are ready to have a delicious frozen treat!

NOTES: POPSICLE TRAYS VARY IN SIZE, SO DO YOUR HOMEWORK AND DIVIDE THE TOTAL BATCH CALORIES INTO THE AMOUNT OF TRAYS YOU HAVE. SO IF THIS ENTIRE BATCH MAKES 4 TRAYS, THEN DIVIDE THE CALORIES BY 4 TO KNOW HOW MUCH ONE SERVING IS.

NUTRITION PER SERVING	BATCH	PER SERVING
CALORIES	810	196
FAT (G)	12	3
CARBS (G)	72	18
FIBER (G)	16	4
PROTEIN (G)	100	25

CLICK TO PURCHASE A NINJA BLENDER

GET CHOCOLATE SUGAR-FREE JELLO PUDDING MIX

GET GUAR GUM

Chocolate Strawberry PB Proteinsicles

VEGETARIAN	PREP TIME	READY IN
	20 MINUTES	*2.5 HOURS*

This recipe is just like the chocolate strawberry proteinsicles except with some peanut butter flavor!

Ingredients

MAKES 1 BATCH (APPROX. 4 LARGE SERVINGS)

320 ml (~1¼ cups) ice water

150g frozen strawberries (½ serving)

165g (5 scoops) chocolate peanut butter whey protein powder

250g (1 cup) 0% fat Greek yogurt

72g (¾ cup) chocolate peanut butter powder (PB2)

3g (1 tsp) guar/xanthan gum

5 packets (~3 tbsp) sweetener (to taste)

Directions

1. Add all ingredients to a blender. Pulse blend on medium-high speed until there is a smooth consistency. You will likely need to take a spoon and push the ingredients down a few times. Note that the more casein protein is used, the thicker the pudding will be.
2. Remove pudding from blender and transfer across 4 popsicle trays. Transfer to a freezer.
3. Wait a few hours, and pop out the proteinsicles from the tray when you are ready to have a delicious frozen treat!

NOTES: POPSICLE TRAYS VARY IN SIZE, SO DO YOUR HOMEWORK AND DIVIDE THE TOTAL BATCH CALORIES INTO THE AMOUNT OF TRAYS YOU HAVE. SO IF THIS ENTIRE BATCH MAKES 4 TRAYS, THEN DIVIDE THE CALORIES BY 4 TO KNOW HOW MUCH ONE SERVING IS.

NUTRITION PER SERVING	BATCH	PER SERVING
CALORIES	1215	303
FAT (G)	20	5
CARBS (G)	84	21
FIBER (G)	32	8
PROTEIN (G)	180	45

CLICK TO PURCHASE A NINJA BLENDER

GET GUAR GUM

GET CHOCOLATE PB2 POWDERED PEANUT BUTTER

Strawberry Cheesecake Proteinsicle

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	*2.5 HOURS*

Ingredients

MAKES 1 BATCH (APPROX. 4 LARGE SERVINGS)

360 ml (1½ cups) unsweetened almond milk

180g (5½ scoops) strawberry casein protein powder of choice

450g frozen strawberries (1½ servings)

9g (3 tsp) guar/xanthan gum

175g (¾ cup) 0% fat Greek yogurt

1 packet cheesecake fat-free Jell-O pudding (100 calories)

12 packets (½ cup) sweetener (to taste)

Directions

1. Add all ingredients to a blender. Pulse blend on medium-high speed until there is a smooth consistency. You will likely need to take a spoon and push the ingredients down a few times. Note that the more casein protein is used, the thicker the pudding will be.
2. Remove pudding from blender and transfer across 4 popsicle trays. Transfer to a freezer.
3. Wait a few hours, and pop out the proteinsicles from the tray when you are ready to have a delicious frozen treat!

NOTES: POPSICLE TRAYS VARY IN SIZE, SO DO YOUR HOMEWORK AND DIVIDE THE TOTAL BATCH CALORIES INTO THE AMOUNT OF TRAYS YOU HAVE. SO IF THIS ENTIRE BATCH MAKES 4 TRAYS, THEN DIVIDE THE CALORIES BY 4 TO KNOW HOW MUCH ONE SERVING IS.

NUTRITION PER SERVING	BATCH	PER SERVING
CALORIES	1160	290
FAT (G)	16	4
CARBS (G)	92	23
FIBER (G)	28	7
PROTEIN (G)	160	40

CLICK TO PURCHASE SUGAR-FREE JELLO CHEESECAKE PUDDING POWDER

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Vanilla Berry Proteinsicles

VEGETARIAN	PREP TIME	READY IN
	10 MINUTES	*2.5 HOURS*

Ingredients

MAKES 1 BATCH (APPROX. 4 LARGE SERVINGS)

240 ml (1 cup) water

165g (5 scoops) vanilla protein powder

280g frozen mixed berries

3g (1 tsp) guar/xanthan gum

250g (1 cup) 0% fat Greek yogurt

10 packets (⅜ cup) sweetener (to taste)

Directions

1. Add all ingredients to a blender. Pulse blend on medium-high speed until there is a smooth consistency. You will likely need to take a spoon and push the ingredients down a few times. Note that the more casein protein is used, the thicker the pudding will be.
2. Remove pudding from blender and transfer across 4 popsicle trays. Transfer to a freezer.
3. Wait a few hours, and pop out the proteinsicles from the tray when you are ready to have a delicious frozen treat!

NOTES: POPSICLE TRAYS VARY IN SIZE, SO DO YOUR HOMEWORK AND DIVIDE THE TOTAL BATCH CALORIES INTO THE AMOUNT OF TRAYS YOU HAVE. SO IF THIS ENTIRE BATCH MAKES 4 TRAYS, THEN DIVIDE THE CALORIES BY 4 TO KNOW HOW MUCH ONE SERVING IS.

NUTRITION PER SERVING	BATCH	PER SERVING
CALORIES	1020	255
FAT (G)	12	3
CARBS (G)	84	21
FIBER (G)	24	6
PROTEIN (G)	152	38

CLICK TO PURCHASE GUAR GUM

CLICK TO PURCHASE A NINJA BLENDER

References

Master Recipe Nutrition Table

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian
17	Anabolic Apple Pie Breakfast Bake - Entire Batch	3350	17	464	46	265		Y
17	Anabolic Apple Pie Breakfast Bake - Large Serving	560	3	77	8	44		Y
17	Anabolic Apple Pie Breakfast Bake - Small Serving	280	1	39	4	22		Y
18	Anabolic French Toast - Per Serving	270	1	30	6	28		Y
18	Anabolic French Toast - Large	400	2	48	9	45		Y
20	Banana "No"Tella French Toast Roll-Ups - Small	340	4	54	5	28		Y
20	Banana "No"Tella French Toast Roll-Ups - Medium	680	8	93	10	57		Y
20	Banana "No"Tella French Toast Roll-Ups - Large	760	9	96	9	60		Y
21	Blueberry French Toast	310	3	47	3	24		Y
21	Blueberry French Toast - Large	440	4	67	5	35		Y
22	MEGA Peach French Toast Bake - Total	2810	20	446	46	223		Y
22	MEGA Peach French Toast Bake - Large Serving	470	3	74	8	37		Y
22	MEGA Peach French Toast Bake - Small Serving	235	2	37	4	19		Y
23	Protein Bread French Toast	375	10	40	4	43		Y
23	Protein Bread French Toast	190	5	20	2	22		Y
25	Egg White Avocado Rice Cakes	390	10	41	7	32		Y
25	Egg White Avocado Rice Cakes	130	3	14	2	11		Y
26	Egg White Avocado Toast - Regular Per Serving	430	10	50	11	42		Y
26	Egg White Avocado Toast - Large	600	21	59	11	51		Y
27	Egg White Bites	410	1	23	4	72		Y
28	Fire-Roasted Veggie Omelette	340	10	17	5	46		Y
29	Ham & Cheese Omelette	295	2	22	5	44		
30	Ham, Spinach, and Feta Omelette	265	6	12	3	41		
31	Tex Mex Omelette	415	8	28	5	53		
32	Whole Egg Avocado Toast	550	21	50	10	44		Y

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Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian
34	“No”tella Berries n' Cream Crepe Explosion - Small, 2 crepes	210	5	19	5	23		Y
34	“No”tella Berries n' Cream Crepe Explosion - Medium, 4 crepes	420	10	39	9	47		Y
34	“No”tella Berries n' Cream Crepe Explosion - Large, 6 crepes	625	15	58	14	70		Y
35	"No"tella Fruity Crepe Explosion - Small, 2 crepes	180	5	17	4	17		Y
35	"No"tella Fruity Crepe Explosion - Medium, 4 crepes	360	10	35	8	34		Y
35	"No"tella Fruity Crepe Explosion - Large, 6 crepes	535	15	52	12	52		Y
37	Apple Protein Pancakes - Total	820	6	127	21	73		Y
37	Apple Protein Pancakes - Per Serving	164	1	25	4	15		Y
38	Banana Chocolate Pancakes (Batch, 4 servings)	720	8	106	15	58		Y
38	Banana Chocolate Pancakes (Single Serving)	180	2	27	4	15		Y
39	Banana Protein Pancakes - Total	900	5	135	16	80		Y
39	Banana Protein Pancakes - Per Serving	180	1	27	3	16		Y
40	Cheese & Chive Cauliflower Protein Pancakes	740	6	75	20	90		Y
40	Cheese & Chive Cauliflower Protein Pancakes	123	1	13	3	15		Y
41	Double Chocolate Chip Pancakes - Total	785	21	89	23	68		Y
41	Double Chocolate Chip Pancakes - Per Serving	265	7	30	8	23		Y
42	French Toast Blueberry Pancakes	330	4	40	4	37		Y
42	French Toast Blueberry Pancakes - light version	280	3	33	4	31		Y
43	Pumpkin Apple Pancakes - Total	860	8	126	29	68		Y
43	Pumpkin Apple Pancakes - Per Serving	140	1	21	5	11		Y
44	Quick & Easy Pancakes - Total	510	2	26	0	94		Y
44	Quick & Easy Pancakes - Per Pancake	255	1	13	0	47		Y
45	Strawberry Cheesecake Protein Pancakes (low calorie) - Per Batch	855	8	132	40	74		Y
45	Strawberry Cheesecake Protein Pancakes (low calorie) - Per Serving	285	3	44	13	25		Y

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian
47	Vanilla Chocolate Chip Pancakes - Total (2 Servings)	700	19	77	18	64		Y
47	Vanilla Chocolate Chip Pancakes - Per Serving	350	10	39	9	32		Y
49	Pumpkin Spice Loaf - Batch	700	20	70	18	68		Y
49	Pumpkin Spice Loaf - Per Serving	140	5	14	4	14		Y
49	Blueberry Banana Protein Loaf (Batch, 4 servings)	710	5	96	10	77		Y
49	Blueberry Banana Protein Loaf (Single serving)	180	1	24	3	19		Y
51	Apple Cinnamon Muffins - Total	600	6	89	12	53	Y	Y
51	Apple Cinnamon Muffins - Per Muffin	100	1	15	2	9	Y	Y
52	Banana Chocolate Protein Muffins - Total	1275	13	151	15	149		Y
52	Banana Chocolate Protein Muffins - Per Muffin	160	2	19	2	19		Y
53	Blueberry Protein Muffins (Batch - 10 servings)	1620	23	240	33	119		Y
53	Blueberry Protein Muffins (Per Serving)	160	2	24	3	12		Y
54	Carrot Apple Muffins (Batch - 10 servings)	1535	21	234	61	131		Y
54	Carrot Apple Muffins (Per Serving)	155	2	23	6	13		Y
55	Chocolate Banana Muffins - 10 servings	1580	41	206	27	131		Y
55	Chocolate Banana Muffins - Per Serving	160	4	21	3	13		Y
56	Frosted Peanut Butter Protein Muffins - Total	815	13	95	17	86		Y
56	Frosted Peanut Butter Protein Muffins - Per Serving	205	3	24	4	22		Y
57	Pumpkin Protein Muffins - Batch	930	36	57	16	146		Y
57	Pumpkin Protein Muffins - Per Muffin	120	5	7	2	18		Y
58	Pumpkin Protein Muffins - Per Serving	130	2	7	3	21		Y
59	Strawberry Peach Protein Muffins - Per Batch	1010	13	135	4	91		Y
59	Strawberry Peach Protein Muffins - Per Muffin	85	1	11	1	7		Y
60	Sunshine Morning Muffins with frosting - Batch	1520	22	188	29	151		Y
60	Sunshine Morning Muffins with frosting - Per Muffin	380	6	47	7	38		Y

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian
60	Sunshine Morning Muffins without frosting - Batch	1440	22	184	29	136		Y
60	Sunshine Morning Muffins without frosting - Per Muffin	360	6	46	7	34		Y
63	Southwest Quesadilla - Chicken	365	8	60	35	36		
63	Southwest Quesadilla - Chicken (Lite)	260	5	37	20	27		
63	Southwest Quesadilla - Turkey	370	10	60	35	33		
63	Southwest Quesadilla - Turkey (Lite)	260	7	37	20	24		
63	Southwest Quesadilla - Beef	360	9	60	35	32		
63	Southwest Quesadilla - Beef (Lite)	255	6	37	20	23		
64	Grilled Spicy Peanut Chicken Satay Skewers - Batch Servings	1425	20	101	29	210		
66	Protein "Chips and Guacamole"	210	11	28	8	12	Y	Y
66	Protein "Chips and Guacamole"	210	11	28	8	12	Y	Y
68	Smoked Salmon Pinwheels	200	8	18	10	18		
70	Hot Hamburg	630	19	53	10	58		
70	Ham and Cheese - Regular Ass White Bread	290	6	34	2	24		
71	Chicken Burger	660	14	52	12	76		
71	PB2 and Jam Sandwich - ICON	445	12	48	8	38		Y
71	PB2 and Jam Sandwich - Ezekiel	289	3	48	10	18		Y
71	PB2 and Jam Sandwich - Regular Ass White Bread	283	4	48	6	14		Y
73	French Toast Grilled Cheese & Egg Sandwich (Triple-Stack)	670	11	57	2	75		Y
73	French Toast Grilled Cheese & Egg Sandwich (Light)	295	2	35	2	32		Y
74	Grilled Cheese Sandwich - Regular Ass White Bread	250	6	34	2	18		Y
74	Grilled Cheese Sandwich - Protein Bread	365	14	34	4	38		Y
75	Ham & Cheese Sandwich on Protein Bread	405	14	34	4	48		
76	Sloppy Greg Sandwich - Total	1800	36	226	39	124		
76	Sloppy Greg Sandwich - Per Serving	450	9	57	10	31		
76	Veggie Sloppy Greg Sandwich - Total	1675	22	231	40	131	Y	Y

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian
76	Veggie Sloppy Greg Sandwich - Per Serving	420	6	58	10	33	Y	Y
78	Vegan Meatball Sandwich on Regular Ass Bread	310	7	43	6	21	Y	Y
78	Vegan Meatball Sandwich on Protein Bread	430	15	43	8	45	Y	Y
79	Veggie Pigs in a Blanket (Hot Dog)	170	3	23	1	14		Y
79	Cheesy Veggie Pigs in a Blanket (Cheese Dog)	200	2	24	1	18		Y
80	Chicken/Tuna, Lettuce, Tomato Sandwich - Regular Ass White Bread	275	4	38	3	25		
80	Chicken/Tuna, Lettuce & Tomato on Protein Bread	445	12	38	5	45		
80	Chicken/Tuna, Lettuce & Tomato - Ezekiel Bread Version	280	3	38	7	25		
81	Powdered Peanut Butter and Jam Sandwich on Protein Bread	390	12	48	8	38		Y
81	Powdered Peanut Butter and Jam Sandwich - Regular Ass White Bread	285	4	48	6	14		Y
81	Grilled Chicken Wrap with Mango Relish - 1 Wrap	220	4	30	16	22		
83	Veggie Bologna Sandwich	325	8	39	5	23		Y
85	Chicken or Turkey on Joseph's Lavash Wrap	410	11	35	9	45		
85	Chicken or Turkey on Joseph's Lavash Wrap (Light Version)	350	5-8	31	8	39-43		
85	Extra-Lean Deli Meat on Joseph's Lavash Wrap	380	8	31	9	39		
85	Greg's Diet Wrap: Extra-Lean Deli Meat on Joseph's Lavash Wrap	320	5-8	31	8	35-39		
85	Ground Meat on Joseph's Lavash Wrap (Light Version)	340	7-10	31	8	45		
85	Egg Whites on Joseph's Lavash	370	9	35	9	41		Y
85	Egg Whites on Joseph's Lavash (Light Version)	310	3-6	31	8	35-39		
85	Chicken or Turkey on Flatout Light OR La Tortilla OR 90-110 Calorie Wrap of Choice	260-280	6	21	12-15	27		
85	Extra-Lean Deli Meat on Flatout Light OR La Tortilla OR 90-110 Calorie Wrap of Choice	240-260	6	21	12-15	26		

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian
85	Ground Meat on Flatout Light OR La Tortilla OR 90-110 Calorie Wrap of Choice	265-285	8	21	12-15	26		
85	Egg Whites on Flatout Light OR La Tortilla OR 90-110 Calorie Wrap of Choice	235-255	5	21	12-15	26		Y
86	Grilled Chicken Wrap with Mango Relish - 2 Wraps	440	8	61	31	44		
87	White Fish with Coleslaw Tacos - Total	840	17	121	26	63		
87	White Fish with Coleslaw Tacos - Per Taco	420	9	60	13	32		
89	Deli Meat Rice Cake	410	7	41	1	35		
90	Spicy Shredded Chicken on Rice Cakes	375	8	35	1	25		
91	Veggie Meat Rice Cake Sandwich	90	1	12	1	6	Y	Y
92	Smoked Salmon Rice Cake Sandwich	120	4	10	1	8		
93	Open-Face Tuna Rice Cakes	330	5	35	1	35		
96	Cauliflower PIzza Crust - Per 2 Meat Lovers Pizza	600	6	83	13	52		
96	Cauliflower Pizza Crust - Per 2 Veggie Pizzas	595	5	93	17	44		Y
96	Cauliflower Pizza Crust - Total	800	5	128	21	56		Y
96	Cauliflower Pizza Crust - Per Crust	200	1	32	5	14		Y
97	Egg White Wrap & Cauliflower PIzza Crust - Per 2 Meat Lovers Pizza	500	5	68	11	46		
97	Egg White Wrap & Cauliflower Pizza Crust - Per 2 Veggie Pizzas	500	4	78	13	39		Y
97	Egg White Wrap & Cauliflower Pizza Crust - Total	955	8	153	28	65		Y
97	Egg White Wrap & Cauliflower Pizza Crust - Per Crust	160	1	46	5	11		Y
98	FLATOUT Pizza with Bison	310	6	38	4	27		
99	"Golden Home" Protein Pizza With Beef	275	4	39	5	20		
101	Anabolic Meaty Lasagna Light - Batch	2060	62	150	31	181		
101	Anabolic Meaty Lasagna Light - Per Serving	355	10	25	5	30		
102	Anabolic Meaty Lasagna - Batch	3200	74	406	39	209		
102	Anabolic Meaty Lasagna - Per Serving	535	12	68	6	35		
103	Anabolic Veggie Lasagna Palmini Version - Batch	1670	21	165	40	190		Y

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian
103	Anabolic Veggie Lasagna Palmini Version - Per Serving	280	4	27	7	32		Y
104	Anabolic Veggie Lasagna Regular Version - Batch	2810	33	421	48	218		Y
104	Anabolic Veggie Lasagna Regular Version - Per Serving	470	6	70	8	36		Y
105	Baked Lemon Garlic Salmon with Asparagus - Batch	2560	120	94	25	246		
105	Baked Lemon Garlic Salmon with Asparagus - Per Serving	425	20	16	4	41		
107	Chicken Cacciatore - 4 servings	1020	14	108	29	117		
107	Chicken Cacciatore - 1 serving	255	4	27	7	29		
108	Chicken Nugget Bites	500	12	5	1	92		
110	Citrus Tilapia, Shrimp & Vegetables - Batch	1880	26	148	41	285		
110	Citrus Tilapia, Shrimp & Vegetables - Per Serving	380	5	30	8	57		
111	NuPasta Chicken Stirfry - Small	320	6	33	15	33		
111	NuPasta Chicken Stirfry - Large	555	9	48	22	65		
113	Pedon MORE THAN Pasta with Chicken & Tomato Sauce (Small)	325	5	43	7	27		
113	Pedon MORE THAN Pasta with Chicken & Tomato Sauce (Medium)	515	7	71	12	45		
113	Pedon MORE THAN Pasta with Chicken & Tomato Sauce (Large)	585	7	83	14	48		
113	Pedon MORE THAN Pasta with Beef & Tomato Sauce (Small)	320	6	43	7	24		
113	Pedon MORE THAN Pasta with Beef & Tomato Sauce (Medium)	510	8	71	12	39		
113	Pedon MORE THAN Pasta with Beef & Tomato Sauce (Large)	580	9	83	14	42		
115	Prosciutto-Wrapped Chicken & Veggies - Per Serving	210	4	11	5	35		
115	Prosciutto-Wrapped Chicken & Veggies - Total	840	16	44	20	140		
116	Spicy Pork Chile Stew - Total	1010	24	67	14	132		
116	Spicy Pork Chile Stew - Per Serving	250	6	17	4	33		
118	Swedish Meatballs - Total Nutrition	2150	78	168	5	194		
118	Swedish Meatballs - Per Serving	95	3	7	0	8		

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian
120	Cauliflower Mashed Potatoes	150	0	33	8	5		Y
120	Cauliflower Mashed Potatoes - LITE	90	0	19	4	3		Y
121	Cauliflower Rice	175	1	37	18	14	Y	Y
122	Egg White Fries	330	1	61	8	20		Y
123	Inside-Out Baked Potatoes	450	4	74	8	32		Y
126	Apple Cinnamon Protein Rice Cakes	580	7	85	10	45		
127	Chilled Rice Cakes Dipped in Chocolate Protein and PB - Banana Based	275	3	38	3	22		Y
127	Chilled Rice Cakes Dipped in Chocolate Protein and PB - Strawberry Based	255	3	34	3	22		Y
127	Chilled Rice Cakes Dipped in Chocolate Protein and PB - Apple Based	265	3	36	3	22		Y
128	Chocolate PB Banana Rice Cakes	360	3	76	3	26		Y
130	Blueberry Protein Cookies	1360	20	167	22	132		Y
130	Blueberry Protein Cookies	230	3	28	4	22		Y
131	Chocolate Chip Brownie Cookie	800	34	73	22	70		Y
131	Chocolate Chip Brownie Cookie	80	3	7	2	7		Y
132	Chocolate Cookie Explosion - Batch	675	15	93	50	82		Y
132	Chocolate Cookie Explosion - Per Serving	170	4	23	12	20		Y
133	Cinnamon Raisin Squares - Per serving (1 cookie)	155	2	16	1	21		Y
133	Cinnamon Raisin Squares - Batch (makes 12 cookies)	1870	20	188	11	250		Y
134	Double Chocolate Cookie Squares - Total	1215	28	135	30	111		Y
134	Double Chocolate Cookie Squares - Per Serving	150	4	17	4	14		Y
135	Pumpkin Protein Squares - Total	1500	29	180	39	128		Y
135	Pumpkin Protein Squares - Large Piece	188	4	22	5	16		Y
135	Pumpkin Protein Squares - Medium Piece	125	3	15	3	11		Y
135	Pumpkin Protein Squares - Small Piece	83	2	10	2	7		Y
135	Pumpkin Protein Squares - Per Bite Size Piece	50	1	6	1	4		Y
136	Cottage Cookie Cakes - Batch	1400	27	162	31	126		Y
136	Cottage Cookie Cakes - Per Serving	70	1	8	1	6		Y

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian
137	PB Chocolate Chip Banana Protein Cookies - Entire Batch	900	20	141	64	76		Y
137	PB Chocolate Chip Banana Protein Cookies - Per Large Cookie (4 pieces)	225	5	35	16	19		Y
137	PB Chocolate Chip Banana Protein Cookies - Per Medium Cookie (6 pieces)	150	3	24	11	13		Y
137	PB Chocolate Chip Banana Protein Cookies - Per Small Cookie (8 pieces)	115	3	18	8	10		Y
138	PB Chocolate Chip Protein Cookies - Entire Batch	875	20	134	63	75		Y
138	PB Chocolate Chip Protein Cookies - Per Large Cookie (4 pieces)	220	5	34	16	19		Y
138	PB Chocolate Chip Protein Cookies - Per Medium Cookie (6 pieces)	145	3	22	11	13		Y
138	PB Chocolate Chip Protein Cookies - Per Small Cookie (8 pieces)	110	3	17	8	9		Y
140	Banana Fiber One Chocolate Protein Bar - Entire batch	1800	23.7	364	80.2	181.2		Y
140	Banana Fiber One Chocolate Protein Bar - Large serving (8 pieces)	225	3	46	10	23		Y
140	Banana Fiber One Chocolate Protein Bar - Medium serving (12 pieces)	150	2	30	7	15		Y
140	Banana Fiber One Chocolate Protein Bar - Small serving (18 pieces)	100	1	20	4	10		Y
140	Banana Fiber One Chocolate Protein Bar - Bite size serving (30 pieces)	60	1	12	3	6		Y
141	Caramel Protein Chocolate Bar - Entire batch	1630	26	268	47	200		Y
141	Caramel Protein Chocolate Bar - Large serving (8 pieces)	204	3	34	6	25		Y
141	Caramel Protein Chocolate Bar - Medium serving (12 pieces)	136	2	22	4	17		Y
141	Caramel Protein Chocolate Bar - Small serving (18 pieces)	91	1	15	3	11		Y
141	Caramel Protein Chocolate Bar - Bite size serving (30 pieces)	54	1	9	2	7		Y
142	Eva Dunbar's Coconut Power Protein Bar - Entire Batch	2400	41	443	347	232		Y
142	Eva Dunbar's Coconut Power Protein Bar - Large serving (8 pieces)	300	5	55	43	29		Y
142	Eva Dunbar's Coconut Power Protein Bar - Medium serving (12 pieces)	200	3	37	29	19		Y

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian
142	Eva Dunbar's Coconut Power Protein Bar - Small serving (18 pieces)	133	2	25	19	13		Y
143	Holiday Chocolate Protein Bar (entire batch)	1840	38	298	50	203		Y
143	Holiday Chocolate Protein Bar - Large serving (8 pieces)	230	5	37	6	25		Y
143	Holiday Chocolate Protein Bar - Medium serving (12 pieces)	153	3	25	4	17		Y
143	Holiday Chocolate Protein Bar - Small serving (18 pieces)	102	2	17	3	11		Y
143	Holiday Chocolate Protein Bar - Bite Size serving (30 pieces)	61	1	10	2	7		Y
144	Protein PB Chocolate Bar (entire batch)	2070	43	335	56	228		Y
144	Protein PB Chocolate Bar - Large serving (8 pieces)	259	5	42	7	29		Y
144	Protein PB Chocolate Bar - Medium serving (12 pieces)	173	4	28	5	19		Y
144	Protein PB Chocolate Bar - Small serving (18 pieces)	115	2	19	3	13		Y
145	Skor Protein Bar - Entire Batch	1840	40	292	47	200		Y
145	Skor Protein Bar - Large serving (8 pieces)	230	5	37	6	25		Y
145	Skor Protein Bar - Medium serving (12 pieces)	153	3	24	4	17		Y
145	Skor Protein Bar - Small serving (18 pieces)	102	2	16	3	11		Y
145	Skor Protein Bar - Bite size serving (30 pieces)	61	1	10	2	7		Y
146	Special K Banana Crunch Chocolate Protein Bar - Entire batch	2100	27	390	62.2	207.2		Y
146	Special K Banana Crunch Chocolate Protein Bar - Large serving (8 pieces)	263	3	49	8	26		Y
146	Special K Banana Crunch Chocolate Protein Bar - Medium serving (12 pieces)	175	2	33	5	17		Y
146	Special K Banana Crunch Chocolate Protein Bar - Small serving (18 pieces)	117	2	22	3	12		Y
146	Special K Banana Crunch Chocolate Protein Bar - Bite size serving (30 pieces)	70	1	13	2	7		Y
148	Double Chocolate Protein Popcorn - Batch	740	9	140	34	48	Y	Y
148	Double Chocolate Protein Popcorn - Per Serving	370	5	70	17	24	Y	Y

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian
149	Extra Anabolic Protein Popcorn - Batch	540	9	110	24	44		Y
149	Extra Anabolic Protein Popcorn - Per Serving	270	4	55	12	22		Y
150	Protein Popcorn - Batch	440	7	93	17	31		Y
150	Protein Popcorn - Per Serving	220	4	46	9	16		Y
152	Apple Goop	450	3	108	22	6	Y	
152	MEGA Apple Goop	1760	14	426	82	25	Y	
154	Banana Chocolate Protein Donuts (Batch, 4 servings)	1350	10	168	11	147		Y
154	Banana Chocolate Protein Donuts (Batch, 1 muffin)	325	3	42	3	37		Y
155	Low-Calorie Brownie - Total	850	20	147	23	57		Y
155	Low-Calorie Brownie - Per Serving	71	2	12	2	5		Y
156	Peanut Butter Cupcakes - Total	1310	28	140	30	130		Y
156	Peanut Butter Cupcakes - Per Cupcake	165	4	18	4	16		Y
157	Protein Cinnamon Roll	335	2	46	1	35		Y
159	Anabolic Avalanche, Regular	285	5	20	3	40		Y
159	Anabolic Avalanche, Medium Size	430	7	35	10	58		Y
159	Anabolic Avalanche, Large Size	620	9	51	14	80		Y
160	Chocolate Protein Ice Cream Pudding - Small Size	265	5	20	3	39		Y
160	Chocolate Protein Ice Cream Pudding - Medium Size	400	8	30	5	58		Y
160	Chocolate Protein Ice Cream Pudding - Large Size	530	10	40	7	77		Y
161	Cottage Cheese Chocolate PB Delight - Total	820	15	80	15	89		Y
161	Cottage Cheese Chocolate PB Delight - Per Serving	100	2	10	2	11		Y
162	Dairy Dream Protein Dessert with Cottage Cheese - Small	195	0	18	3	25		Y
162	Dairy Dream Protein Dessert with Cottage Cheese - Medium	250	0	27	4	31		Y
163	Fat-Free Chocolate Jell-O Protein Pudding	210	2	25	2	23		Y
164	Protein Mousse	390	3	27	3	65	Y	Y

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian
165	Cottage Cheese Protein Pudding - Chocolate	99	1	14	2	8		Y
167	Chocolate Protein Lava Cake - Batch	1000	9	43	20	167		Y
167	Chocolate Protein Lava Cake - Medium Serving	250	2	11	5	42		Y
167	Chocolate Protein Lava Cake - Small Serving	167	1	7	3	28		Y
168	Chocolate Protein Mug Cake	180	3	7	3	30		Y
168	Chocolate Pumpkin Peanut Butter Cake - Batch	920	12	93	24	102		Y
168	Chocolate Pumpkin Peanut Butter Cake - Per Serving	230	3	23	6	26		Y
169	Vegan Chocolate Mug Cake	210	2	10	4	37	Y	Y
169	Chocolate Protein Mug Cake	180	3	7	3	30		Y
170	Vegan Chocolate Mug Cake	210	2	10	4	37	Y	Y
172	Blueberry Protein Shake - Small	185	3	14	4	26		Y
172	Blueberry Protein Shake - Medium	305	5	28	7	39		Y
173	Chocolate Blueberry PB Protein Ice Cream - Medium	355	7	33	9	44		Y
173	Chocolate Blueberry PB Protein Ice Cream - Large Size	575	10	51	11	75		Y
174	Chocolate Fudge Brownie Protein Ice Cream - Small	460	13	66	33	58		Y
174	Chocolate Fudge Brownie Protein Ice Cream - Large	230	6	33	16	29		Y
175	Chocolate PB Protein Ice Cream - Small	190	5	10	4	28	Y	Y
175	Chocolate PB Protein Ice Cream - Medium	280	8	16	5	45	Y	Y
175	Chocolate PB Protein Ice Cream - Large	380	11	21	7	61	Y	Y
176	Chunky Monkey Protein Ice Cream	515	18	71	20	28		Y
177	Coffee Toffee Bar Crunch Protein Ice Cream - Small	290	14	20	3	27		Y
177	Coffee Toffee Bar Crunch Protein Ice Cream - Large	580	27	40	7	53		Y
178	Netflix & Chilled Protein Ice Cream - Large	480	10	34	8	60		Y
178	Netflix & Chilled Protein Ice Cream - Small	240	5	17	3	30		Y

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian
180	Pumpkin Cheesecake Protein Ice Cream	260	4	29	3	27		Y
181	Strawberry Protein Ice Cream - Small Size	230	5	18	7	27		Y
181	Strawberry Protein Ice Cream - Medium Size	350	6	28	9	47		Y
181	Strawberry Protein Ice Cream - Large Size	460	8	46	12	71		Y
182	Vanilla PB Protein Ice Cream - Medium	345	6	24	7	47		Y
182	Vanilla PB Protein Ice Cream - Large	430	6	39	6	54		Y
183	Chocolate Strawberry Almond Proteinsicles - Batch	810	12	72	16	100		Y
183	Chocolate Strawberry Almond Proteinsicles - Per Serving	196	3	18	4	25		Y
184	Chocolate Strawberry PB Proteinsicles - Batch	1215	20	84	32	180		Y
184	Chocolate Strawberry PB Proteinsicles - Per Serving	303	5	21	8	45		Y
185	Strawberry Cheesecake Proteinsicles - Batch	1160	16	92	28	160		Y
185	Strawberry Cheesecake Proteinsicles - Per Serving	289	4	23	7	40		Y
186	Vanilla Berry Proteinsicles - Batch	1020	12	84	24	152		Y
186	Vanilla Berry Proteinsicles - Per Serving	255	3	21	6	38		Y

Fruit Servings Reference Table

Fruit	One serving (~100 calories)	Fiber
Watermelon	330g	2g
Starfruit	320g	9g
Strawberries	300g	7g
Melon	300g	3g
Cantaloupe	270g	3g
Peaches	250g	4g
Nectarine	250g	4g
Grapefruit	240g	4g
Blackberries	230g	12g
Pineapple	220g	3g
Plums	210g	3g
Apricots	210g	4g
Papaya	200g	4g
Red Cherries	200g	4g
Tangerines	200g	4g
Apple	190g	5g
Raspberries	190g	12g
Orange	190g	5g
Blueberries	180g	5g
Champagne Grapes	170g	2g
Pears	170g	6g
Mango	170g	3g
Kiwi	160g	5g
Lychee	150g	2g
Guava	150g	8g
Grapes	140g	1g
Pomegranate	120g	5g
Banana	110g	3g
Passion Fruit	100g	11g
Plantain	80g	2g
Persimmon	75g	3g
Avocado	60g	4g

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Vegetables (Raw) and Legumes Servings Reference Table I

Vegetable / Legume	One serving (~100 calories)	Fiber
Watercress	900g	5g
Bok choy	850g	9g
Lettuce	700g	8g
Cucumber	650g	3g
Nappa Cabbage	650g	8g
Radish	625g	10g
Endive	600g	19g
Bitter Melon (Bitter Gourd)	600g	17g
Chayote Squash	600g	10g
Celery	550g	9g
Rapini	500g	13g
Zucchini	500g	5g
Asparagus	500g	11g
Green Peppers	500g	9g
Rhubarb	500g	9g
Swiss Chard/Beet Greens	500g	8g
Tomatoes	450g	7g
Spinach	450g	10g
Mushroom	450g	5g
Cauliflower	400g	10g
Eggplant	400g	14g
Sprouts	400g	5g
Cabbage	400g	11g
Arugula	400g	6g
Pumpkin	400g	2g
Collard Greens	380g	11g
Spaghetti Squash	375g	5g
Turnip	360g	7g
Red/Yellow/Orange Peppers	350g	8g
Fennel	320g	10g
Broccoli	300g	8g
Green Beans	300g	11g

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Vegetables (Raw) and Legumes Servings Reference Table 2

Vegetable / Legume	One serving (~100 calories)	Fiber
Okra	300g	11g
Collard Greens	300g	12g
Broccoflower	300g	10g
Fiddleheads	300g	20g
Rutabaga	275g	7g
Carrot	250g	7g
Squash	250g	5g
Onions	250g	4g
Snow or Sugar Snap Peas	240g	6g
Yellow/Wax Beans	230g	9g
Beets	230g	6g
Brussels Sprouts	230g	9g
Dandelion greens	225g	8g
Artichoke	200g	10g
Kale	200g	4g
Moringa (fresh leaves)	150g	3g
Peas	130g	7g
Parsnips	130g	6g
Corn	120g	3g
Edamame	80g	8g
Cassava / Yucca	65g	1g
Dry Lentils*	30g	9g
Dry Split Peas*	30g	7.5g

*Beans/legumes vary so much that you absolutely must be cautious and look at the label to see how much you can eat. Every can/package is different and you MUST be careful about how the beans/legumes are cooked and in what sauce.

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As I mentioned at the start, seeing before/after transformations are the best part of my job. Visit **gregdoucette.com/testimonials** to share yours!

This is Coach Greg now signing off and I'll leave you with a couple of wise words...

ZERO EXCUSES AND DON'T FORGET TO PUT THE FORK DOWN!!!

- Coach Greg

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THE ULTIMATE ANABOLIC COOKBOOK 2.0

MORE ANABOLIC THAN LAST TIME

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